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Vista: September 30, 2010

University of San Diego

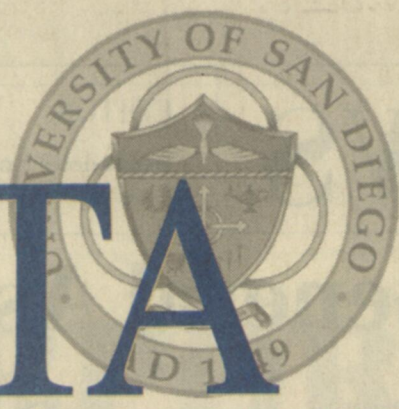
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THE VISTA



Thursday, September 30, 2010

THE UNIVERSITY OF SAN DIEGO | WWW.THEUSDVISTA.COM

Volume 48 Issue 4

Final pressure test to declare well 'dead'



Natalie Kunstader/The Vista

By Nolan Chandler

Recovery on the Gulf Coast may yet be in sight after BP performs a final test. Engineers will assess the strength of the concrete poured to permanently seal the ruptured well. If the seal passes inspection, then for the first time in five

months the Gulf can rest assured that no more oil will enter its waters.

Gushing up from the sea floor, the amount of oil spilled was estimated to be about 210,000 gallons per day. Destruction of natural habitats have posed long-term environmental concerns and many business owners face their own kind of habitat destruction.

"Among the animals that live along the Gulf Coast, this is the time for hatching and rearing," according to the Huffington Post. "Species as diverse as pelicans, shrimp and alligators are all reproducing, or preparing to. That could bring sensitive young animals in contact with toxic oil or cause their parents to plunge into oily waters

looking for food."

In an effort to stop the oil from gushing, BP initiated a cap for the pipeline. This past July, BP attempted to seal the cap permanently. They then monitored its pressure to determine if it worked. The subsequent pressure

See GULF, Page 4



Kaitlin Perry/The Vista

'This is an article about The Black Keys'

By Ryan Coghill

The process a band must go through to construct an effective set list is well beyond the comprehension of its entranced audience. Most bands have so much material to choose from, and it is undoubtedly difficult to pick and choose songs that will please a particular audience. There is always going to be the mystery of which songs will

See KEYS, Page 13



Photo by Alexandra Green

Torero football kicks it back into high gear

By Dane Cummaro

In Robert Downey Jr.'s most recent film, he stated, rather emphatically, "It is good to be back." And audiences across the nation felt the same way. They welcomed Downey back onto the thrown of superstardom after years of riding around on the Sunset Strip with too many drugs and not enough cash. He was back like the Prodigal Son.

Similarly, Coach Caragher felt that it was really good to have Phil Morrelli back this past Saturday night.

Morrelli, who hadn't scored a

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Sonia Malani/The Vista

Beefing up on more than just protein

By Lindsey Weintraub

Protein drinks in both liquid and powder forms are commonly seen with gym 'rats,' athletes and people on the go looking to supplement their meals. Whether someone is trying to "bulk up" or just add more protein to their diet, most consumers of protein drinks have healthy motivations.

But now these same drinks are under speculation because a recent study discovered high contents of heavy metals.

See PROTEIN, Page 2

U.S. Senate candidate hosts meeting on campus

Republican nominee Carly Fiorina highlights her strengths, plans for the future

By Kendra Osburn

U.S. Senate candidate Carly Fiorina unveiled a new part of her campaign platform to a small audience at USD last Monday. Fiorina, the Republican nominee for California Senator in the November 2010 election, is running against incumbent, Barbara Boxer.

During Monday's town hall meeting, Fiorina detailed how, if elected, she would "rein in out-of-control government spending." Her plan includes banning congressional earmarks, freezing pay raises for some federal employees and returning the federal workforce to its size in 2008. Fiorina also intends to cap federal spending at 20 percent of GDP and allowing taxpayers to designate what percent (0 to 10) of their federal tax liability will go to debt reduction.

When asked if she was worried about her lack of political experience, the former Hewlett-Packard CEO smiled and joked saying that she receives the most applause after admitting that she is not a "career politician."

"After seeing countless career politicians fail American voters time after time, this is what we need," said Sabrina Rodriguez, President of USD's College Republicans and coordinator of Monday's event. "She's personally an inspiration. She came from a middle class family, worked her way through college as a receptionist, and worked all the way up to become the CEO of Hewlett Packard. She is the epitome of the American Dream."

Speaking to the students directly, Fiorina stressed the importance of reducing the debt because eventually, she said, it would be our burden to bear.

"If we don't start fighting for our jobs, you won't have the same opportunity that I had when I was in your shoes," Fiorina said, segueing from national debt to the job market. "We want you to have the opportunity to live out the American Dream."

Fiorina plans on helping Californians pursue this "American Dream" by "reducing waste, strengthening transparency and restoring accountability."

To encourage government transparency, Fiorina believes that agency



Photo Courtesy of jkarsh/Flickr cc

Senate candidate Carly Fiorina hosted a town hall meeting at USD's Warren Hall School of Law on Sept. 27.

records and reports need to be public, on the Internet. She believes that before bills are passed, they should be posted online for all Americans to access.

Citing her time in the private sector as when she learned "common sense," Fiorina intends on using this knowledge to review all government programs and weed out those that are "ineffective."

"You show me a billion dollars, and I'm going to show you \$100 million in waste," Fiorina said, making the connection to current government programs. Unlike some of her conservative counterparts, Fiorina is not in favor of cleansing the federal government of

all departments, however she did not elaborate on programs that might be deemed "ineffective."

"Carly Fiorina certainly boasts the facts that she is not a 'career politician,' however, it's important to bear in mind that she was the CEO of a fortune 20 company," said Sam Woolley, former president of USD Young Democrats. "Because of this, it is very possible she will be beholden to big business, much like the politicians who got us into this financial disaster."

When asked what he thought about Fiorina's visit, Woolley said, "I think it's great. I think that more political candi-

dates, whether republican, democrat or otherwise should be brought to USD. It's a great opportunity for students to learn, regardless of affiliation."

After outlining her plan for Congress, Fiorina opened the floor for questions, reiterating that we, the students, are the future. "Make sure that the American Dream is available to everyone," Fiorina concluded.

To get more involved on either side of the campaign trail, go to a University of San Diego College Republicans meeting on Wednesday at 7 in SLP 412, or the USD Young Democrats meeting tonight at 7 in SLP 424.

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NEWS

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U.N. General Assembly sees progress amidst conflict

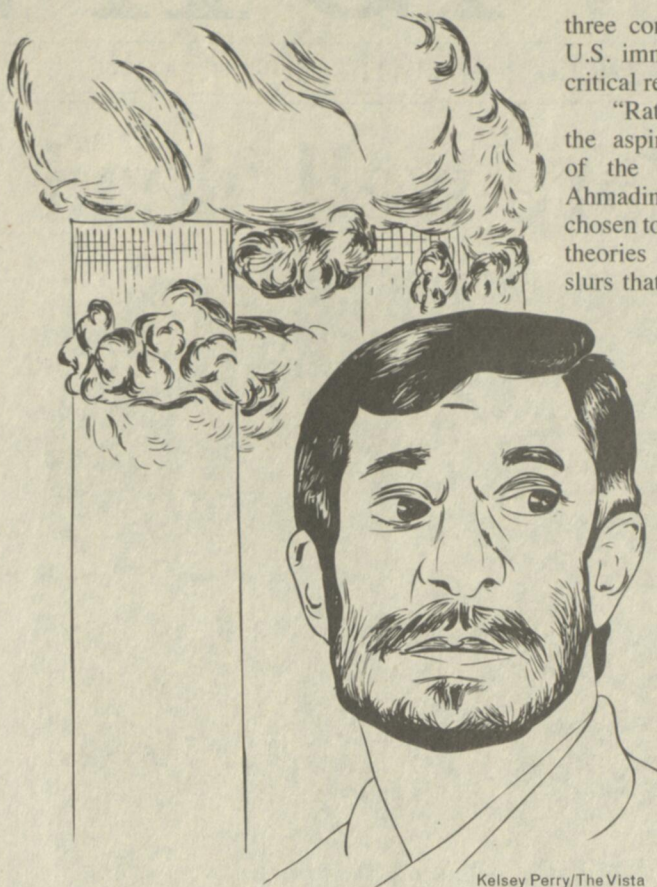
By Sara Johnson

Following the commencement of the 65th U.N. General Assembly meeting, tensions over international policy and diplomacy have come to the forefront. After a series of talks in New York City involving big-name groups such as the G-77 and the Clinton Global Initiative, U.N. General Assembly President Joseph Deiss raised concerns that the U.N. "could be marginalized as other actors emerge on the international scene."

Critics say that the U.N.'s structure limits its effectiveness, citing lackluster decision making and stalled negotiations as reasons behind its delayed response time.

One major disruptive episode was prompted by remarks from Iranian President Mahmoud Ahmadinejad. During his speech to the U.N. General Assembly on Sept. 23, he made the claim that the United States was responsible for orchestrating the Sept. 11 attacks. According to The New York Times, President Ahmadinejad gave three reasons for U.S. involvement: "To rescue its declining economy, to reassert its weakening grip on the Middle East and to save Israel."

In response to the incendiary remarks, delegates from 33 nations walked out, including the U.S., Canada,



Kelsey Perry/The Vista

Australia, New Zealand, Costa Rica and all 27 members of the European Union. After Ahmadinejad posited his

three conspiracy theories, the U.S. immediately shot back a critical response.

"Rather than representing the aspirations and goodwill of the Iranian people, Mr. Ahmadinejad has yet again chosen to spout vile conspiracy theories and anti-Semitic slurs that are as abhorrent and delusional as they are predictable," wrote U.S. delegates, according to The New York Times.

This is not the first time that Ahmadinejad has spoken out unnecessarily during the U.N. General Assembly meetings. "Ahmadinejad obviously delights in being provocative during his annual visit to the United Nations," said The New York Times, making it clear that comments such

as these from Iran's President are not surprising.

Aside from this stunted progress

in the General Assembly, other matters of international concern seem to be progressing well. Established at a Sept. 25 meeting, the U.N. and the African Union (AU) have decided to enact a joint task force on peace and security. The goal of the Joint Task Force, which was launched by the U.N. Secretary General Ban Ki-moon and the AU Commission Chairperson Jean Ping, is to "meet twice a year at the senior level to review immediate and long-term strategic issues," according to the U.N. News Center.

As noted in their joint press release, Ki-moon and Ping are "determined to strengthen existing cooperation between the two organizations [the UN and the AU] beyond the groundbreaking joint efforts in Sudan, Guinea and Somalia."

Regarding the U.S. domestic docket, President Obama began negotiations to revalue Chinese currency with China's Prime Minister, Wen Jiabao. The reason cited behind this sideline negotiation at the U.N. General Assembly is economic stability.

"The U.S. claims that the yuan [China's national currency] is artificially undervalued," which then keeps "exports relatively cheap and gives Chinese exporters an unfair advantage over their rivals," reported PressTV.

In response to the U.S. request for a 20 percent revaluing of the yuan, Wen said that "China will continue reforming

and opening its markets under a policy it started in 1978."

Despite the fact that Chinese inaction will most likely result in negative consequences for the global economy, let alone the U.S. economy, Wen appeared unmoved by the requests.

Another focal point of U.N. attention came from Turkey's attempts at "muscle-flexing" last Thursday, which left some countries, including the U.S., uneasy. Represented by its President, Abdullah Gul, during the General Assembly meeting, Turkey stated that it would "not allow the [U.N.] measures to constrict its broader trade with Iran," according to The New York Times.

Other delegates view this new self-assertion as "an ambitious country" eager to "project a new image."

Turkey has proclaimed its "intention to become a leader in the Muslim world, and spurned an attempt to mend fences with Israel over its deadly raid on an aid flotilla bound for Gaza," The New York Times reported. U.S. officials speculate that funds for Iranian nuclear development came from Turkish banks, and that American efforts towards peace in the Middle East could be compromised by Turkey's resentments of Israel.

With high hopes for having accomplished successful negotiations for its 65th annual meeting, the U.N. General Assembly will come to a close today after its final "general debate."

Protein drinks: Making consumers put the pedal to the metal

PROTEIN, continued from Front Page

The study, commissioned by Consumer Reports but conducted by an independent lab, tested 15 different protein drinks that included both powder and liquid formulas. Researchers found that many contained high levels of lead, arsenic, cadmium and mercury, so much so that three servings of the drinks would more than exceed the recommended daily allowances of heavy metals as set by the U.S. Pharmacopeia (USP). The USP is a non-governmental authority that sets official public standards for prescription and over-the-counter medicines, as well as other health care products.

Consumer Reports highlights three products that are of particular concern.

EAS Myoplex Original Rich Dark Chocolate Shake, which tested an average of 16.9 micrograms of arsenic in

three servings, exceeds the 15 micrograms proposed USP limit. It also contains 5.1 micrograms of cadmium for three servings, rising above the USP limit of five micrograms per day.

Muscle Milk chocolate powder contained all four of the heavy metals and came in with the highest overall concentrations for three of the four metals when compared to the other 15 protein drinks. Muscle Milk had 5.6 micrograms of cadmium, 13.5 micrograms of lead and 12.2 micrograms of arsenic, all of which match or exceed the USP limits.

The vanilla crème flavor of Muscle Milk also scored high, with 12.2 micrograms of lead per three servings (which exceeds the daily limit of 10) and with 11.2 micrograms of arsenic per three servings (closely approaching the daily limit of 15).

"Consuming these kinds of protein drinks on a regular basis can in some

cases create the risk of chronic exposure, even at low levels, to heavy metals such as cadmium and lead that can pose health problems, particularly to vulnerable people," said Andrea Rock, the Consumer Reports editor for the investigation.

Excess cadmium is known to accumulate in your body and cause harm to kidneys. Another point of concern is the lack of regulation among protein drink manufacturers. Because protein powders are classified as dietary supplements, companies not required to test for safety or effectiveness prior to sale.

Greg Pickett, founder of CytoSport, which produces Muscle Milk, responded to the laboratory results by saying that the substances tested "are naturally occurring in the environment." He also noted, "It would be uncommon, if not impossible, not to detect the trace amounts reportedly found, in any agricultural product such as dairy products, fruits and vegetables."

Consumer Reports believes that there should be tighter regulations from the Food and Drug Administration (FDA), but many in the health community feel the results are still preliminary.

"The results of this analysis aren't alarming. The heavy metals that were found are well below the limits the FDA would be concerned about, so they don't pose a health risk to consumers at all," said Andrew Shao, of the Council for Responsible Nutrition.

Meghan McCarthy, Assistant Director of the Center for Health and Wellness Promotion (CHWP) on campus, says that the recommended daily amount of protein is one gram per kilogram of body weight. Drinking these



Sonia Malani/The Vista

supplements may result in getting excessive protein, which can actually put stress on the kidneys.

"If you are using protein supplements, it's important to stay well hydrated," McCarthy said.

One way of monitoring protein intake is to keep a food log to get a better idea of how many grams of protein you consume per day. McCarthy and the rest of the CHWP staff encourages students to come into the Health and Wellness Promotion office in UC 161 for more nutritional information.

McCarthy does advise that for those concerned with increasing muscle mass it is important to consume the protein within 30 minutes of working out. She also reminds students that

there are other ways of getting protein, which are healthier, more natural and less expensive. Foods like pure egg whites are high in protein and a dozen eggs can be bought for two or three dollars. Other foods packed with protein include chicken breast, beans and milk.

As far as protein drinks and the possibility of harmful contaminants, McCarthy pointed out that anything unnatural and consistently consumed on a daily basis over a long period of time could result in negative effects, because it is a significant change to a diet.

McCarthy advises: "Everything in moderation is always a better strategy."

'Clean up' your brain



By Bernadette Smith

We all know that chowing down on chips, fries and cookies does not equal a balanced diet, but something you probably don't know is how to counteract the damage once it's been done.

The problem with eating foods like these is that they are high in processed, or 'simple,' sugars. When digested in the body, free radicals are created as a by-product.

Free radicals are small molecules with unpaired electrons that roam through the body and wreak havoc on other cells. The radicals are highly reactive as a result of the unpaired electrons, and can alter the chemical composition of various important signal molecules in the body, or even render cells completely non-functional. Damage from the free radicals accumulates over time and with age, which can lead to some forms of cancer.

The proverbial 'biological solution' to the free radical problem takes the form of antioxidants. These little super-molecules protect the body against damage from free radicals. They're power is evident from the name: 'anti,' against, and 'oxidation,' losing an electron.

In effect, the antioxidants offer electrons to 'pair up' with the roaming free radicals, thus eliminating any potential threat to other body systems. Antioxidants are extremely important for proper brain function and prevent free radicals from damaging intricate cell communication pathways necessary for life. Oxidation of these important chemicals is a major cause of disease like Alzheimer's.

The best sources for antioxidants

are fruits and vegetables, including foods like berries, broccoli, tomatoes, red grapes and garlic. Acai has recently become popular for its antioxidant value and I have noticed (quite happily) the popularity of Tu Mercado's acai bowls. Acai is an acquired taste, but a great source of antioxidants.

The importance of antioxidants goes beyond just free radicals. According to WebMD.com, antioxidants have been linked to the treatment of coronary artery disease, macular degeneration, Alzheimer's disease and some types of arthritis. In terms of their overall function, you can think of antioxidants as the body's housekeeper, and a very underpaid one at that.

You can also take antioxidant supplements for a more immediate effect, which can be found at any health or vitamin store.

Try this great recipe from eatingwell.com, chock-full of healthy antioxidants:

Broccoli with caramelized onions and pine nuts

Ingredients:

3 tablespoons pine nuts, or chopped slivered almonds
2 teaspoons extra-virgin olive oil
1 cup chopped onion
1/4 teaspoon salt, or to taste
4 cups broccoli florets
2 teaspoons balsamic vinegar
Freshly ground pepper, to taste

Preparation:

Toast pine nuts (or almonds) in a medium dry skillet over medium-low heat, stirring constantly, until lightly browned and fragrant, two to three minutes. Transfer to a small bowl to cool.

Add oil to the pan and heat over medium heat. Add onion and salt. Cook mixture, stirring occasionally, adjusting heat as necessary, until soft and golden brown, 15 to 20 minutes.

Meanwhile, steam broccoli until tender, four to six minutes. Transfer to a large bowl. Add the nuts, onion, vinegar and pepper; toss to coat. Serve immediately.

Total preparation time: approximately 25 minutes.

Scholarship remembers Daniel Burkett

By Brent Tuttle

Daniel Burkett was many things here on the University of San Diego's campus. To some, he was a beloved friend. To professors, he was a bright mind with an uncanny ability to work with others and see the best in every situation. To others, like the members of Delta Tau Delta fraternity, he was a brother with whom they shared a close bond.

After graduating from the University of San Diego in 2006, Burkett, or Danny as his close friends called him, seemed to have the world in his palm. Burkett graduated Summa Cum Laude with a degree in Business Economics, and received the Award of Academic Excellence in Business Economics just before graduation.

After his accomplishments here at USD, Burkett went on to the corporate world and was paving a bright future for himself at Raytheon Inc. He was well liked by his peers, respected for his wisdom and valued by everyone who knew him.

Tragically Burkett passed away shortly after his graduation date, but his loved ones vowed that, although their close friend and brother could no longer be with them here on Earth, they would honor his memory through causes which, they believe, Burkett would have seen fit to support.

Close friend and 2006 USD alumni Anthony Pavich, Matt Pioli, Shaun Moothart and Steve Ettlin, immediately combined their efforts to found a scholarship which they wanted

to use in an effort to honor a student who would best exemplify the spirit of Danny Burkett here on campus.

With the continuing support of these alumni, along with Burkett's close friends and family and several corporate sponsors, the group was able to raise a total of \$50,000 in a remarkably short period of time. With the scholarship reaching its financial maturity, it has been officially endowed through the University and will forever live on as the Daniel L. Burkett III Memorial Scholarship.

While at USD, Burkett was a member of the prestigious Alcalá Club, Omicron Delta Epsilon International Economics Honor Society, National Society of Collegiate Scholars and Delta Tau Delta International fraternity. While a member of Delta Tau Delta, Burkett helped establish the Bleed Purple Foundation to help college students with cancer, and co-chaired Philanthropy Week, a Greek community event held to raise money for charity. His magnetic personality and involvement in the USD community allowed him to touch the lives of many people. He leaves behind a legacy of academic excellence, community involvement, high integrity and a fun-loving attitude.

The Daniel L. Burkett III Memorial Scholarship aims to award students who have a GPA of 3.0 or higher, are currently an active member in good standing of a social Greek organization and demonstrate exceptional involvement and service to USD and/or the community. Special consideration will also be given to students who are

members of Alcalá Club or Omicron Delta Epsilon International Economics Honor Society.

Jake Westlund, a senior here at USD, was named as the first ever recipient of the Daniel L. Burkett III Memorial Scholarship Fund.

"We received applications from a number of very impressive candidates," said Shaun Moothart, a scholarship committee member. "Jake has many great qualities and we believe he will represent the scholarship and Danny's legacy in the best way possible."

In addition to all their efforts in putting together the Daniel L. Burkett III Memorial Scholarship Fund, the scholarship committee is proud to host the third annual Danny Burkett Memorial Golf Tournament here in San Diego. The tournament will take place Sunday, Oct. 10 at Tecolote Canyon Golf Course. More than 70 participants are expected to attend this fundraising event in hopes of further enriching funds and awareness for the Daniel L. Burkett III Memorial Scholarship.

The tournament, sponsored by LRG Clothing, Greco Surfboards, Earthbound Farm and Tanimura and Antle, will be a four-person team scramble, consisting of 18 holes of golf, a luncheon, raffle and an awards ceremony. Prizes will be given out for longest drive, closest to the pin and best dressed team. Everyone is welcome and encouraged to attend. Those interested in doing so, or in getting involved with further sponsorship, can visit dlbscholarship.com for more information.

PUBLIC SAFETY REPORT

September 24th - 26th



FRIDAY SEPT. 24

Location: Laguna Hall

At 10:07 p.m. Public Safety responded to a report of an intoxicated student. Upon investigation, paramedics were contacted to further evaluate the student. The student was determined to be unable to care for herself and was voluntarily transported to detox.

SATURDAY SEPT. 25

Location: Village

At 2:32 a.m. Public Safety responded to a report of vandalism. Upon investigation, an unknown individual had pulled a lever on a case housing a fire extinguisher, causing the glass in front of the extinguisher to shatter. General Services was contacted to clean the broken glass and replace the case.

FRIDAY SEPT. 24

Location: Cuyamaca Hall

At 10:49 p.m. Public Safety responded to a Resident Assistant with an intoxicated student. Upon investigation, the student was determined to be unable to care for himself and was voluntarily transported to detox.

SUNDAY SEPT. 26

Location: Degheri Alumni Center

At 3:05 a.m. a Public Safety officer observed an individual fall off his skateboard. Upon investigation, the individual was identified as a juvenile and a guest of a resident student, and was under the influence of alcohol. SDPD responded and released the juvenile into the custody of the USD student.

SUNDAY SEPT. 26

Location: Missions Crossroads

At 12:24 a.m. a Public Safety officer observed a vehicle fail to stop at a stop sign. Upon investigation, one passenger was determined to be too intoxicated to care for himself and was voluntarily transported to detox (BAC .116). The driver and another passenger did not show signs of intoxication and were released to drive off campus.

SUNDAY SEPT. 26

Location: Alcalá Vistas North Lot

At 4:18 p.m. Public Safety responded to a report of a stolen vehicle. Upon investigation, a student had parked and secured her vehicle on Sept. 23 at 11:33 p.m. The student discovered her vehicle missing on Sept. 26. A subsequent search of surveillance footage showed that the vehicle was stolen by two males around 11:08 p.m. On Sept. 24. This case has been referred to SDPD.

USD Medical Brigades offers hope for those without healthcare

By Nazin Sedehi

Native people in the remote villages of Honduras rarely have access to medical care, if at all. For this reason, seniors James Walston and Shane Smith have started a new club on campus. They established the USD Medical Brigades, a chapter of Global Medical Brigades, to provide adequate health care to those who do not have any.

Walston and Smith, serving as president and vice president respectively, hope to set up temporary clinics in Honduras. Ideally, the clinics will be open for one or two days at a time and won't charge the patients for the services.

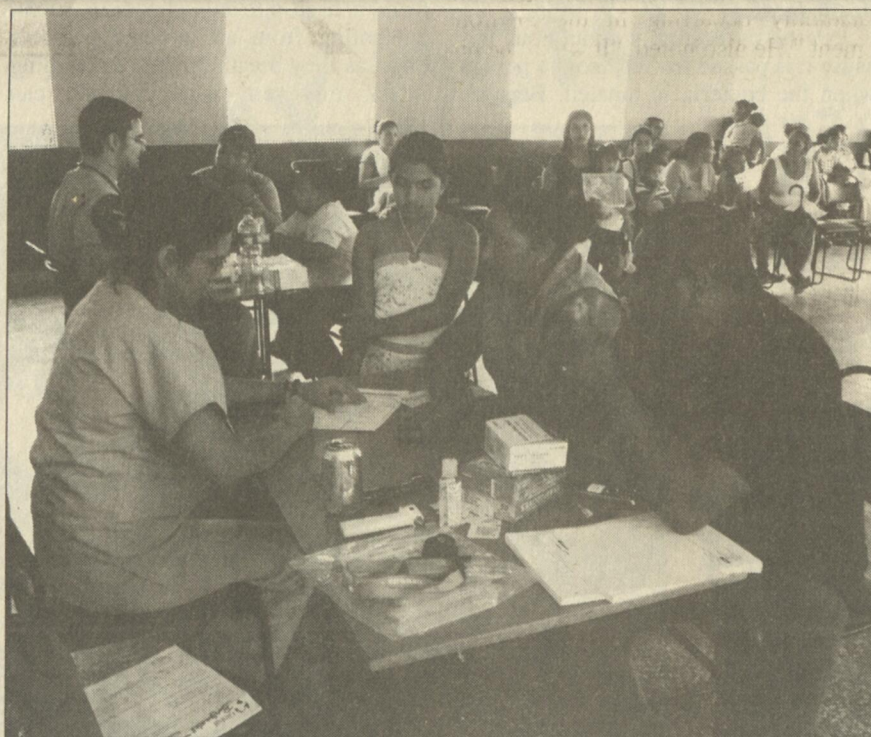
"Ever since I was young, I have admired physicians," Walston said. "They use knowledge and compassion to heal. I have always wanted to experience the satisfying feeling they receive when they successfully diagnose, treat and follow up with a particularly enigmatic case."

The motivations behind Walston and Smith's decision to start USD Brigades became apparent after a closer examination of their backgrounds. Walston was adopted when he was six months old and the life he has been able to live has inspired him to help those who are less fortunate.

"The result of such an important single event in my life has led me to wonder what my life may have been like had I not been adopted," Walston said. "The culmination of my thoughts can be summed up into a single overriding credo that I now try to live my life by. Those who have the ability to help others must do so."

Walston was able to assist in a number of orthopedic surgeries when he went to Honduras last March with a group of students from Notre Dame. Smith says he felt inspired during a summer science research project in Puerto San Carlos, Mexico, where he saw "more desolate poverty than imaginable."

These trips are taken with doctors,



Community members receive free health care services in Honduras from USD Medical Brigades.

nurses and pharmacists from all over the country who venture to Honduras with students. The camps are set up in nearby schools or churches with the primary goal of providing aid to impoverished children.

During a nine-day trip, a group will set up five clinics. "Many people receive treatment [that] they have needed for weeks, even years," Smith said. "Others are referred for further care. All of them receive the attention and hope they've never had before."

This January, USD Medical Brigades will take 27 students, three doctors and one nurse to Honduras as a mobile medical unit. The unit will treat individuals and families who would not receive help otherwise.

Walston believes that there is a lot of interest at USD for the trip they will be taking later on in the summer, possibly to Panama. The option of going to Africa was also recently brought up.

As for fundraising, "We have hopes of raising approximately \$26,500 for cost of the trip, without airfare," Smith said. "Two important events coming up are the St. Didacus collection at Founders Chapel on Sunday, Oct. 10, and donations at campus dining locations that will take place in mid-October."

Many of the students heading to Honduras over intersession are juniors, but the group is open to anyone who is interested in going. This group is ideal for anybody who is pre-med, wants patient care experience, hopes to practice their Spanish in a Spanish-speaking country or anyone who wants a more worldly perspective.

The main goal for USD Brigades right now is just to "get the word out there," Walston said. "We go to this great private, Catholic university that can be a bubble at times. It's good for undergrads to get a new perspective on how the majority of other people live."

Travel intersession, London-style

By Olivia Martinez



View of the London House of Parliament and Big Ben.

The International Studies department is offering a unique Shakespearean plays in London program for intersession 2011.

The three-week program offers a small group of 20 students the opportunity to travel through London and earn English credit while visiting sites connected to Shakespeare.

The program also allows students the chance to view Shakespearean plays in London's renowned theater scene. Upcoming shows include "Julius Caesar" and "As You Like It" (performed by The Royal Shakespeare Company), "King Lear" (featuring Sir Derek Jacobi), and a non-Shakespearean play, "Black Watch." A viewing of Shakespeare's "Twelfth Night" is also in the works.

Two courses will be offered, but students will be integrated into a single class differing only in their required assignments. The credit can be taken as lower division English 280: Introduction to Shakespeare, or as upper division English 420: Advanced Study in Shakespeare.

Courses can count towards students' core English requirement, or fulfill a requirement in the English major. Dr. Abraham Stoll, new to the London program, will be teaching both courses.

"One thing I like about this program is that it's very small," Stoll said. "I will be teaching the course and traveling with a group of about 20 students. This really

allows us to be flexible and do the things we really want to do."

Although the program is not new to USD, some changes are anticipated. Stoll will be replacing Dr. David Hay, and is excited to have a great deal of autonomy this year. He describes the program as a way to avoid "tour bus travel" by having students choose places they want to go to while assisting them on how to get there. Stoll hopes that this will allow students to really explore and get to know London on their own.

"The program has been really great in the past," said program director Hay. "Last winter I had a class of 21 come from all over USD, some in chemistry, English, business. I've been here 24 years and last year was the best program I have ever done."

Taking a new route this year, Hay will be teaching literature in the Second Year Experience program offered in Oxford this intersession. Only offered to the class of 2013, the Second Year Experience is a new program that requires participating students to take a one-unit course over fall before traveling abroad. The seven-week course prepares students in topics like multicultural ethics, human security and sustainable development.

"I am very excited for this program," Hay said. "As far as we know, there is no other program in the country like it."

If you're interested in exploring London over intersession, the program is still accepting applications.

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BP tests cap

GULF, continued from Front Page

readings indicated there could be several leaks throughout the well. After numerous attempts, BP finally found what they believed to be a permanent solution, and engineers were able to plug the well with cement to seal the leak.

Several tests, however, were still needed to confirm that the filling would hold. Pressure tests were performed to ensure that the cap and well could properly withstand the environment.

"The pressure test was set to be finished early Sunday," according to Fox-News.com. "[It is] the last step needed before the runaway well could finally be declared dead. The test involves engineers exerting 15,000 pounds of weight against the cement plug to make sure it won't budge. They also will exert 1,150 pounds per square inch of pressure. Sealing the well is an important step for the still-weary Gulf Coast residents, yet the disaster is far from over."

Accuracy of the test results are imperative for the closure to be successful, largely because the well is located nearly two and a half miles below the sea.

Although the final phase of BP involvement is at hand, there has been a two month delay since the last closure attempts occurred in the middle of July. Within that time frame, more oil has gushed into the sea. Many question why there has been such a delay, and are increasingly frustrated by the local and national effects.

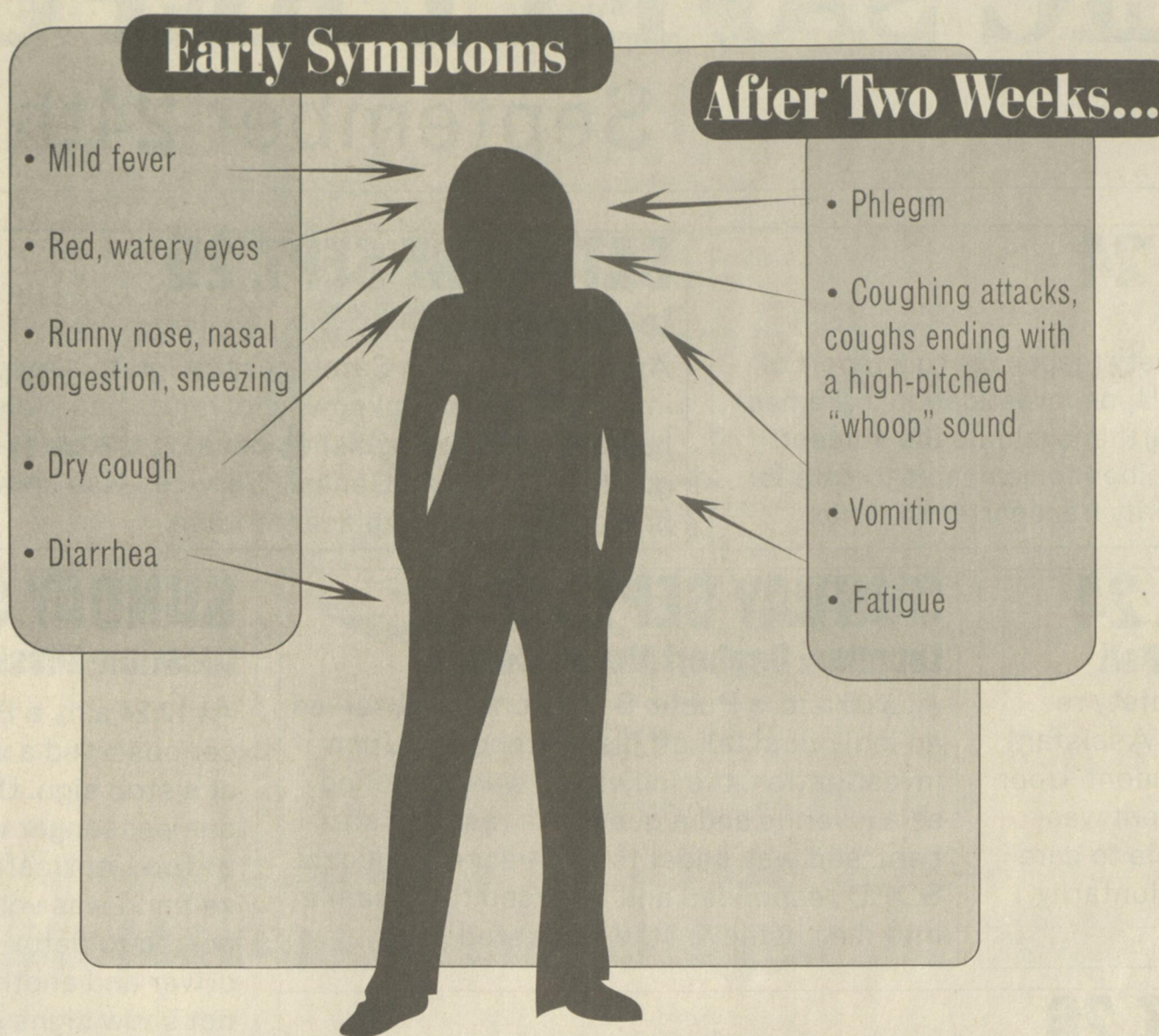
According to West Virginia Public Broadcasting, the price of oysters rose from \$60 a gallon to more than \$100 a gallon after the oil spill, and it could take up to two years to rehabilitate the oyster market. Another concern for many Americans is the health risk that Gulf seafood may pose. A recent Associated Press poll says that 54 percent of Americans are not confident that seafood is safe to eat.

As far as BP's responsibility in the matter, many camps are still divided.

"BP has already shelled out \$9.5 billion in cleanup costs, and the company has promised to set aside another \$20 billion for a victims' compensation fund," according to MSNBC.com. "The company could face tens of billions of dollars more in government fines and legal costs from hundreds of pending lawsuits."

BP is still focusing on solving the situation indefinitely, and states it will be funding a review by experts to analyze health effects caused by the spill.

Pertussis epidemic sweeps across California



Do YOU have whooping cough?

Natalie Kunstader/The Vista

By Bernadette Smith

A new epidemic in California is growing at an alarming rate. In the state's worst outbreak since 1958, 'whooping cough' has come roaring back.

Mark Horton, M.D., Director of the California Department of Public Health, officially declared a state-wide epidemic of whooping cough on June 15 of this year, and currently, the reported estimate number of cases is at

4,223, according to the Los Angeles Times. The number is expected to rise.

Formally known as pertussis, whooping cough is a bacterial infection of the lungs that results in violent coughing fits, which can persist for months afterwards.

"It's known as the '100-day cough' for a reason," said Kimberly Woodruff, M.D., supervising physician at USD's Health Center.

Pertussis is highly contagious because it is passed from person to person when the bacteria is inhaled. Because

the main symptom of pertussis is coughing attacks, infection can be transmitted in the air much more easily.

Whooping cough begins with cold-like symptoms, and then appears to taper off while the bacteria incubates in the lungs. After a period of seven to 14 days, violent coughing symptoms develop with congestion and sneezing. The name whooping cough comes from a high-pitched whooping sound emanating from an infected person's chest as they breathe in after a coughing attack. In severe cases, coughing can

result in extreme vomiting, diarrhea or dehydration.

The most recent California pertussis outbreak occurred in 2005, but the total number of reported cases for that year was 3,182. The numbers for this year are long past that, and it's not even October yet.

Pertussis is especially deadly to young infants less than six months of age because their lungs are too small to handle the stress of the infection. Nine infants have died this year alone. Some medical experts speculate that vaccine refusal has led to the current state of the epidemic.

In California, all children are required to receive vaccinations against pertussis, measles and other infectious diseases before they can legally attend school. The only exception to the law is if parents fill out a "personal belief exemption" form. Consequently, lack of vaccination is not a problem among young children, but rather in the teenage and adult populations who are now spreading the disease.

"We don't think it is the coverage level in babies and toddlers that is the problem, but the lack of vaccination in adults and teens," said Dr. Anne Schuchat, director of the National Center for Immunization and Respiratory Diseases at the U.S. Centers for Disease Control and Prevention, as reported by the Los Angeles Times.

A federal survey conducted in 2008 showed that only 40.8 percent of the population ages 13 to 17 received the pertussis vaccination, also known as T-dap. In a separate 2008 survey of adults, only six percent were recorded to have received a T-dap shot. California health officials are now recommending that everyone over the age of seven receive a pertussis vaccination, especially because strength of immunity is reported to decline about five years after the shot. For individuals who live with, or spend time around young babies, health officials also recommend receiving a booster shot to strengthen immunity.

In response to the need for pertussis prevention, healthcare company GlaxoSmithKline has established a website on pertussis information. The site, helppreventwhoopingcough.com, is interactive with a quiz on pertussis symptoms and videos of real life cases.

The California Department of Public Health also offers additional pertussis resources at cdph.ca.gov.

Multi-space meters get a downtown makeover

By Kara Griffin

Visitors to downtown San Diego will no longer be searching for quarters in the glove compartment or running into convenience stores to get change. The San Diego City Council voted unanimously for the purchase of 131 multi-space parking meters to be installed in downtown that will allow people to pay fees using coins, cash, credit or rechargeable parking 'debit cards.'

Testing of the new meters began in 2006, when the city held a pilot program that replaced about 310 single-space meters with 50 solar powered multi-space meters in downtown. The pilot program lasted until 2007 and the results showed that over a six month period the single-space meters brought in \$175,500 in revenue, while the multi-space meters brought in a 24 percent increase in revenue at \$218,400. These new meters have the potential to increase occupancy and the turnover rate of parking spaces, as well as provide greater flexibility and control of parking meter rates.

"It is a system that has proven to work," said Councilman Kevin Faulconer, when interviewed by Channel 6 News.

The new meters are solar powered and were developed by CALE Parking Systems USA, a Florida-based company. They are unlike the old, battery-powered models because they are certified worldwide and meet the Payment Card Industry (PCI) security standards. Once a card is swiped through the system, it is encrypted and authorized. The meters do not store full credit card information so you don't have to worry about unauthorized parties accessing your personal info. Each meter can serve about six parking spaces at a time, which will eliminate the need for a meter in front of every space.

"Credit card meters would encourage me to stay parked for longer periods of time while I'm downtown," senior Alyssa Perry said. "Who really carries around five dollars in quarters?"

The pilot program also showed that the multi-space meters required less collection time and had fewer malfunctions than the single-space models. In a report done after initial trial runs, it was found that parking citations decreased by 44 percent due to the added credit card payment feature. For many San Diegans, this will mean that paying to park downtown will be much simpler.

"Parking is always a problem anywhere in San Diego," senior Alex Succa said. "I always get so excited when I find a good spot in front of a meter, until I realize that I do not have coins. Everyone carries their credit [or] debit card with them, so I think these new meters are a fabulous idea."

With the apparent success of the pilot program, the city of San Diego has decided to purchase 80 new meters. Seventy-five will be installed in downtown and five in uptown. The exact locations of the meters have yet to be determined, but each new one will cost \$7,150, plus \$300 for custom paint color. \$982,000 has been set aside for the cost of the meters including the ones already used in the pilot program.

"From the city, and a business standpoint, anything that makes it easier to accommodate parking is an advantage," said Carol Schultz, Executive Director of the Uptown Community Parking Advisory Group during an interview with Channel 6 News.

The meters should last a minimum of 10 years when properly maintained and will be installed no later than July 2011.



Sonia Malani/The Vista



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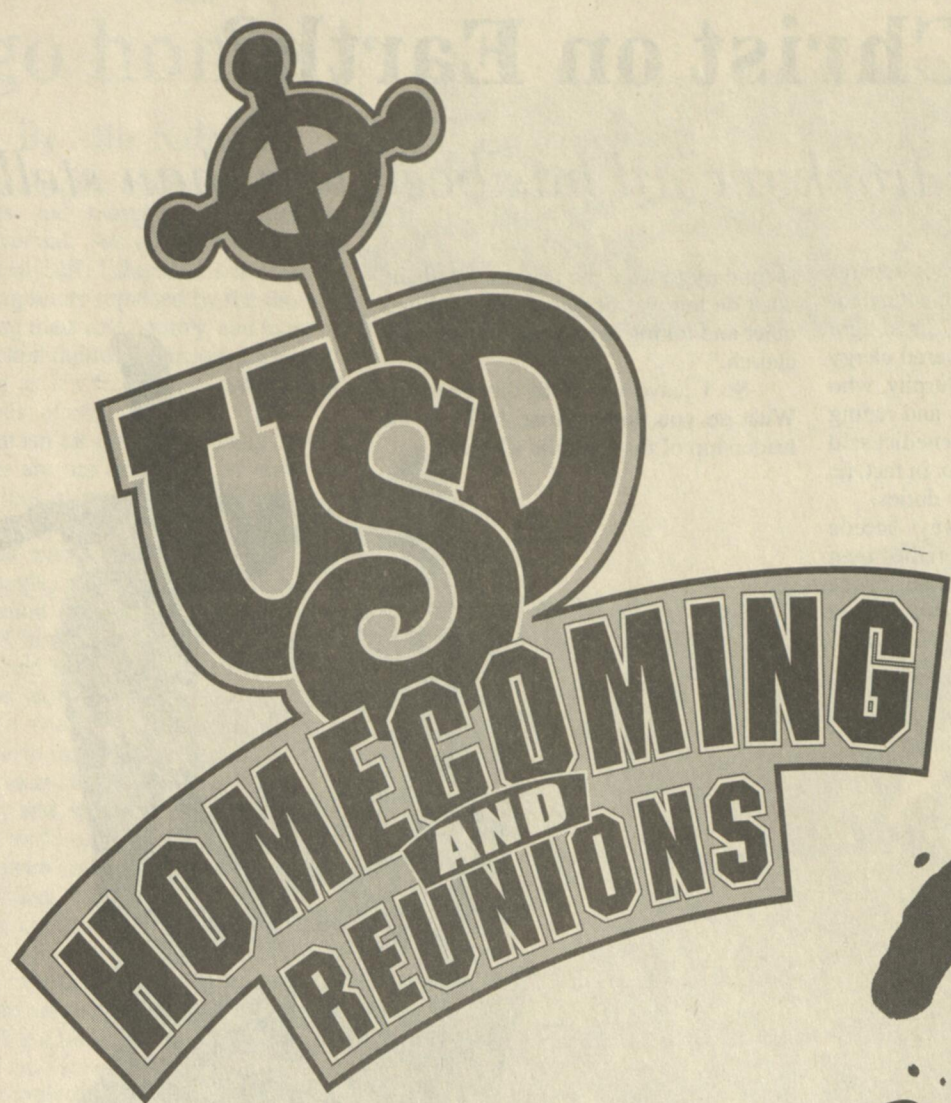
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**Parade to the
Football Game**

2 p.m.

**Toreros vs. Dayton Flyers
FREE to USD students**

FRIDAY, OCTOBER 8

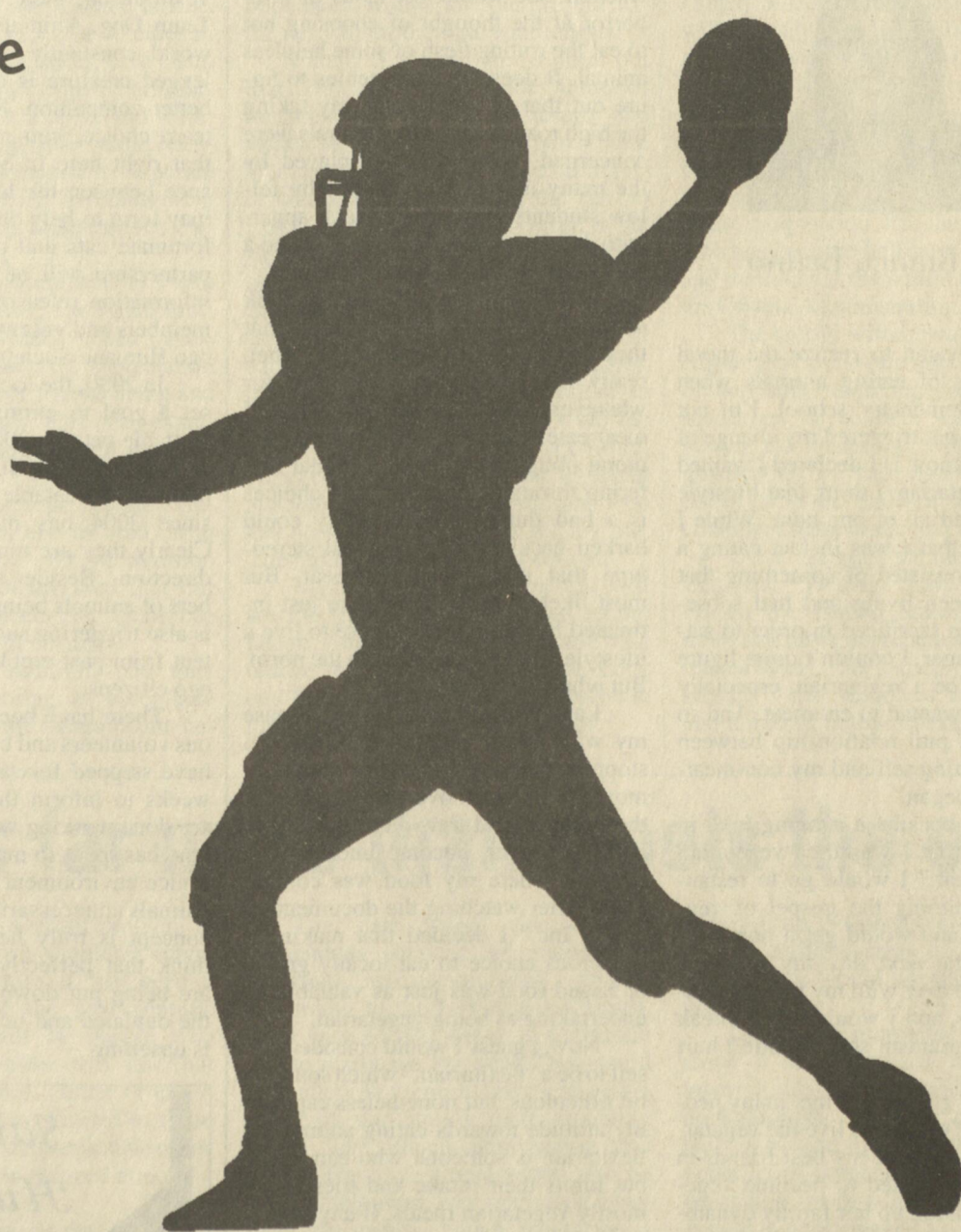
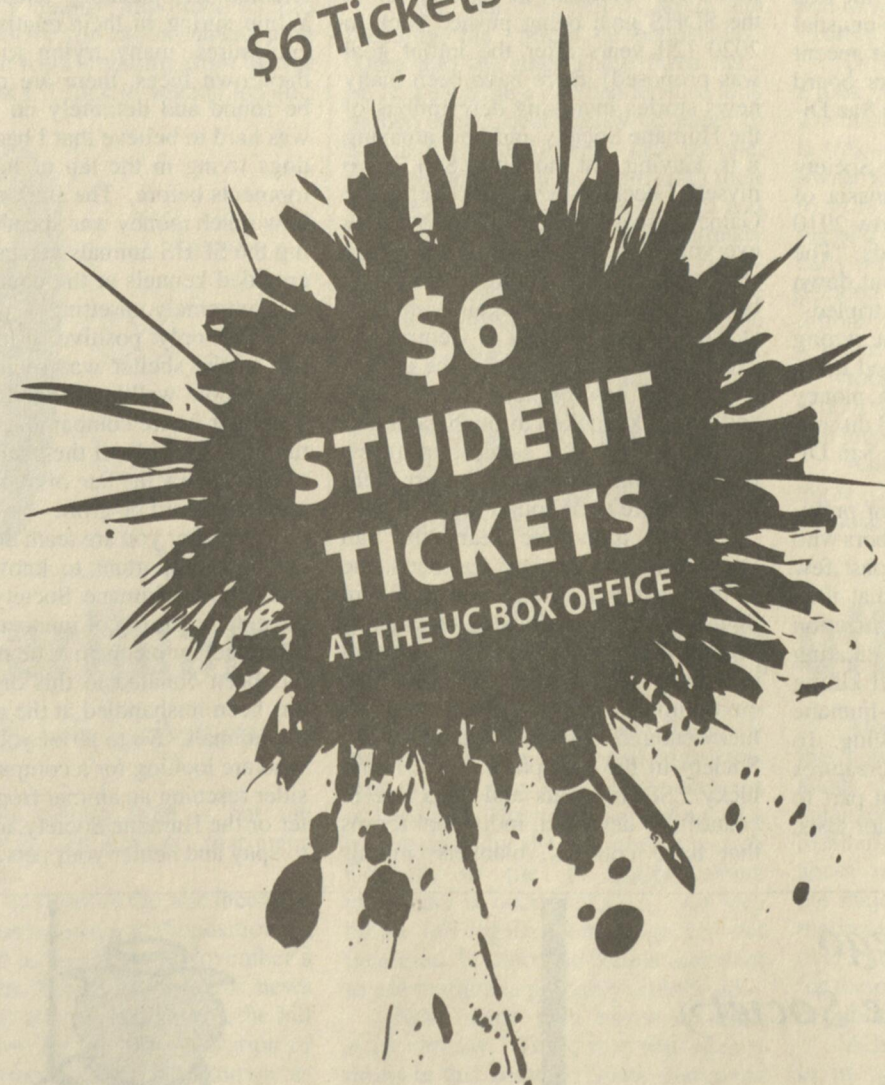
Student Homecoming Kickoff in front of the UC

6:30 p.m. – Free Food, Prizes, Games and Raffle
8:30 p.m. – Free Concert

SATURDAY, OCTOBER 9

Picnic and Tailgate at the Plaza de San Diego

11 a.m. - 2 p.m. – All-You-Can-Eat Food, Smoothies,
Face Painting, Mechanical Bull and Student Lounge
\$6 Tickets at the UC Box Office



www.sandiego.edu/homecoming

All USD alumni, faculty, staff, friends and students are invited.

OPINION

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Pope Benedict XVI: Truly the Vicar of Christ on Earth?

Five years into his lifetime position, the Pope's track record has been less than stellar

By Christopher Helali

"Let my prayer be directed like incense before you; the lifting up of my hands be an evening sacrifice. Hear me, O Lord." - Psalm 141:2

This most assuredly will be extremely difficult for Pope Benedict XVI, the 265th Pope and successor to the Apostle Peter, to accomplish with a clear conscience. Pope Benedict XVI recently finished his trip to the United Kingdom and it is time to reflect on the pope's supremacy since his elevation in 2005.

This Pope's reign over the Roman Catholic Church has been marred by cases of sexual abuse that have wreaked havoc on the church, not to mention the lack of ecumenism and hateful statements that have been made. The Church, under his control, has moved from a progressive modernizing Church, backwards to a Church from the High Middle Ages, where popes were not only religious leaders but also monarchs, ruling with such pomp and circumstance that would rival any royal court in the world.

Even the pope's fashion has gone from modest under Pope John Paul II, to the current flair and fashion that rivals the couture and houses of Italian fashion.

"The pope communicated in a cold way that was little suited to what was happening around him," said Italian film director Fanco Zeffirelli. "These are not times for high tailoring in papal vestments."

The pope, who now sports exotic fur-lined garments and hats, should take an in-depth look at the world in its current state. The image of Christ being born in a manger and wearing carpenters' garments, juxtaposed with his lavish dress are yet another reason the Church is out of touch with society.

Speaking of "out of touch," remember when the pope told Africa that the distribution of condoms would not subdue the spread of AIDS but rather increase the spread of AIDS? A former pope also told Galileo that he was wrong about the heliocentric model of our solar

system, and look how well that turned out.

Who can forget the pope's words that sparked outrage in the Islamic world when he quoted Byzantine Emperor Manuel II Paleologos, saying, "Show me just what Muhammad brought that was new, and there you will find things only evil and inhuman, such as his command to spread by the sword the faith he preached."

According to The New York Times, he went on to say that "...violence in the name of religion was contrary to God's nature and to reason."

Pause. Thank you. Maybe you can go back in time and tell that to the other dozen popes, like Urban II, who called for the Crusades. When it comes to ecumenism and interfaith dialogue, Pope Benedict XVI does not have diplomacy, tact or the willingness to mend old wounds, like many of his predecessors including Pope John Paul II, Pope Paul VI and Pope John XXIII.

Pope Benedict XVI's recent visit to the United Kingdom, while cordial and friendly on the outside, was extremely tense on the inside. The people who gathered to see the pope perform Mass were dwarfed in comparison to the massive crowds Pope John Paul II had when he visited the UK.

Last year, Pope Benedict XVI made it easier for Anglicans to convert to Roman Catholicism, citing that many Anglicans were disenchanted by a church who had allowed openly gay bishops and female ordination. Sounds like a great idea for inter-Christian dialogue and relations. The ability to steal as many converts from the other church as possible. Pope Benedict XVI attacked what he felt was the secular threat in Britain and said that they must stay true to their long-standing traditions. This is in line with his long-term goals to reinvigorate the faith in Europe. Good Luck.

The monumental clergy sex scandal has already destroyed the church in many irreversible ways. Before he was Pope, Cardinal Ratzinger was head of the Congregation for the Doctrine of the Faith, which was assigned to investigate clergy

abuse by Pope John Paul II. Yet new reports, including a CNN documentary entitled "What the Pope Knew," shed light on the fact that the pope covered clergy abuse, most notably Rev. Murphy, who was charged with molesting and raping as many as 200 deaf boys. Benedict said that the Church had failed, but in fact, he had failed in carrying out his duties.

"[Ratzinger] would always accede to the priest's wishes first, rather than the victim's wishes, rather than justice for the victims," David Gibson, a Papal biographer said on CNN. "They were

secondary to what the priest wanted and what he felt was best for keeping things quiet and taking care of the institutional church."

So I leave you with this question. What do you think Christ thinks of the leadership of the Catholic Church?



Hailey Means/The Vista

Flex your food rights



By Bianca Bruno

I first began to realize the moral implications of eating animals when I was in elementary school. I'm not quite sure what triggered my change of heart. All I know is I declared I wanted to be a vegetarian. I think that lifestyle change lasted all of one hour. While I understood that I was in fact eating a meal that consisted of something that had once been living and had subsequently been sacrificed in order to satisfy my hunger, I couldn't quite figure out how to be a vegetarian, especially since I still wanted to eat meat. And so the tug and pull relationship between my meat-eating self and my non-meat-eating self began.

It then became a running joke in my family that I was the "vegetarian who ate meat." I would go to restaurants proclaiming the gospel of vegetarianism, and would get a non-meat dish. But the next day my grandma would come over with my favorite dinner, lasagna, and I would take a break from vegetarianism so I wouldn't hurt her feelings.

When I got older, I met many people who had chosen to live the vegetarian lifestyle. One of my best friends in high school decided to become vegetarian and shook up her family dynamics in the kitchen. Her family was so upset at her choice that she had to buy all her own vegetarian meals because they didn't support her choice. They came around eventually, but only after an incident in which her mom tried to sneak meat in her dinner one night.

I never understood why people take it as a personal offense if someone chooses to go vegetarian. Anytime my friend would decline an offer to come over for dinner at so and so's house be-

cause their mom was making barbeque chicken, she would get looks of utter horror at the thought of choosing not to eat the rotting flesh of some helpless animal. It doesn't take a genius to figure out that she was obviously taking the high road as far as food morals were concerned, however, as displayed by the many ludicrous comments by fellow students in my logic class, apparently being a vegetarian is considered a poor lifestyle choice in our culture.

What I really think those who look down on vegetarians are saying is that they think vegetarians are weak, when really it's just the opposite. But for whatever reason, some thick-skulled meat-eaters seem to think making the moral obligation to reduce animal suffering through conscious food choices is a bad thing. This mentality could harken back to the patriarchal stereotype that manly-men eat meat. But most likely, I think people are just intimidated by others who choose to live a lifestyle that is different from the norm. But what else is new.

Last year in an attempt to ease my way into a vegetarian lifestyle, I stopped eating red meat for about six months. When I moved back home for the summer, that flew out the window. I did, however, become interested in learning where my food was coming from. After watching the documentary "Food Inc." I decided that making a conscious choice to eat locally grown or raised food was just as valuable an undertaking as being vegetarian.

Now, I guess I would consider myself to be a "flexitarian," which sounds a bit ridiculous, but nonetheless captures my attitude towards eating animals. A flexitarian is someone who eats meat, but limits their intake and tries to eat mostly vegetarian meals. If anything, I think the most important thing to keep in mind when choosing a meal is recognizing where the food came from, who suffered for your meal, who worked to provide you the meal and how that meal affects your health and the health of the planet. I have taken an Anthony Bourdain-like approach to how I relate to food I eat. It's just as worthwhile to give thanks for your meal and know where its coming from and who suffered for it as it is to eat meat-free.

No pet left behind Local animal shelter is far from humane

By Megan Eilers

Long before Team Edward vs. Team Jacob, there was Team Cat vs. Team Dog. Animal lovers around the world constantly debate which four-legged creature is cuter, smarter or a better companion. Regardless of your team choice, you may want to know that right here in San Diego, an alliance between the long-standing rivals may form to help defend all of the less fortunate cats and dogs. This unusual partnership will be due to the recent information released by former board members and volunteers of the San Diego Humane Society.

In 2000, the local Humane Society set a goal to eliminate euthanasia of treatable pets by 2005. It is now 2010 and according to SDHS records, "The number of treatable animals put down since 2004 has more than tripled." Clearly they are moving in the wrong direction. Besides the increased numbers of animals being put down, money is also triggering such hate and discontent from past employees and San Diego citizens.

There have been dozens of previous volunteers and board members who have stepped forward in the past few weeks to inform the public that they are done working with an organization who has spent so much money creating a nice environment, but is still killing animals unnecessarily. This in-humane concept is truly heart wrenching. To think that perfectly healthy creatures are being put down, largely in part to the outdated and unfair behavior tests, is upsetting.

The Board members raised millions of dollars for the organization, but where has the money gone, if it has not helped save the cats and dogs? After some investigating, I found a terribly upsetting piece of information. The money has been going toward both the construction and upkeep of the facility, as well as helping pay off an old lawsuit.

For any San Diegan who hasn't been to the Humane Society, you should take a trip. Since the news broke about the SDHS goal being pushed back to 2020 (20 years after the initial goal was proposed), there have been many news stories involving descriptions of the Humane Society and how amazing it is. Having just moved to San Diego myself, I decided to venture over to the Humane Society and how amazing it is. Having just moved to San Diego myself, I decided to venture over to the Humane Society and how amazing it is. Having just moved to San Diego myself, I decided to venture over to the Humane Society and how amazing it is.

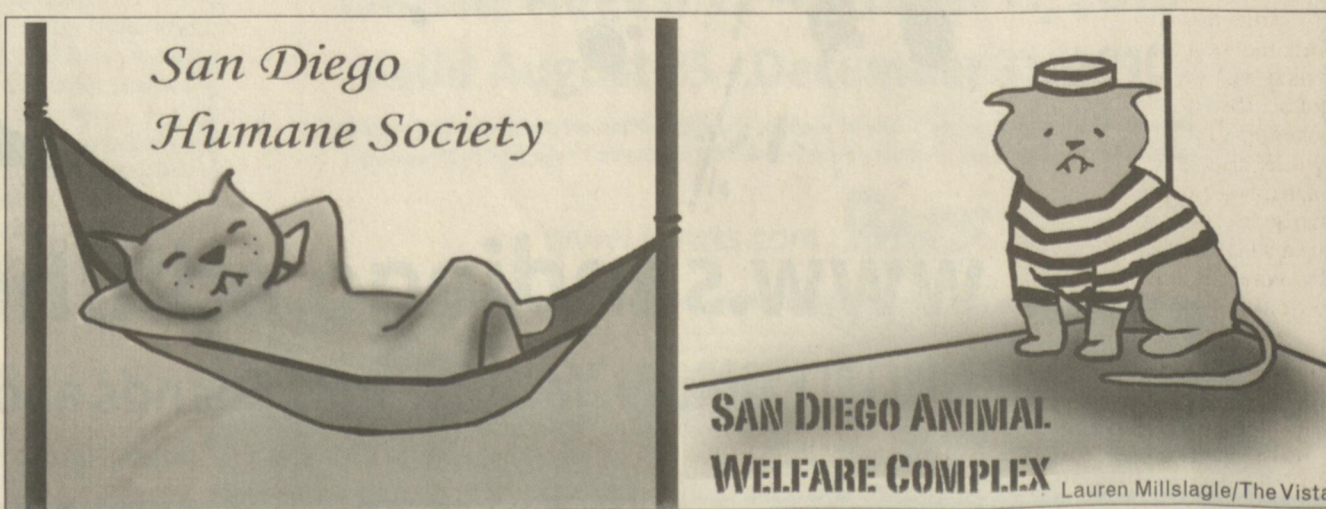
In the past three years, the San Diego Humane Society has been one of the most well-funded non-profits in Southern California, raising a total of 25 million dollars. It is this huge amount of money that created the home-like environments for the animals that are lucky enough to make it to the Humane Society in the first place. Yes, I said lucky. SDHS's cats and dogs live in beautifully designed, individual rooms that have couches, blankets, murals

and plenty of toys. You may be wondering why this is a problem since it does sound pretty fabulous. To answer this, I merely walked through a series of beautiful archways to the other side of the San Diego Animal Welfare Complex, where the county shelter is located.

It was here, only a matter of feet away, that I saw those lonely, scared faces that were all too familiar. Many of these cats and dogs were absolutely terrified and shaking uncontrollably. While sitting in their relatively small enclosures, many trying to side-step their own feces, there are no toys to be found and definitely no murals. It was hard to believe that I had just seen dogs living in the lap of luxury only moments before. The stark contrast of how much money was spent on nurturing the SDHS animals versus the overcrowded kennels at the county shelter was extremely upsetting.

The only positive aspect of my trip to the shelter was seeing quite a few people walking around hoping to find their future companion, but unfortunately, as with all the shelters in the world, I knew the fate of many of those animals would be grim.

Whether you are team dog or team cat, it is important to know that the goal of the Humane Society is to reduce the suffering of innocent animals, not to euthanize them. The money that has been donated to this organization has been mishandled at the expense of the animals. So to all of you out there who are looking for a companion, consider rescuing an animal from the shelter or the Humane Society, and be sure to spay and neuter your pets.



Go veg or go home

By Allie Safran

For me, the relationship between animals and humans is continually controversial. As an indecisive vegetarian myself, I fluctuate between being completely repulsed by the thought of eating meat and poultry, and feasting on chicken fajitas or chicken parmesan, as long as it's free-range, organic and delicious, of course.

But isn't it a little confusing? Some animals are our best friends, some we like to look at in zoos or parks and some are our favorite meal. How reasonable is it that man's best friend, little Sadie the Beagle, may be my comfort and companion after a long day in class, but in China, she could be someone's lunch, and in Nepal, Sadie the Beagle may be worshipped for her contributions to society. Regardless, I think it's safe to say that our views, when it comes to animals, vary from country to country and originate mostly from our culture and background.

I grew up in a family where meat was always the main event of dinner. Having a Cuban mother who loves to cook, Cuban style pork was served almost weekly when I was growing up. Filet mignon was always my first choice for a birthday dinner. And growing up in Texas? Everything really is bigger, including the steaks, and Texans love their steaks.

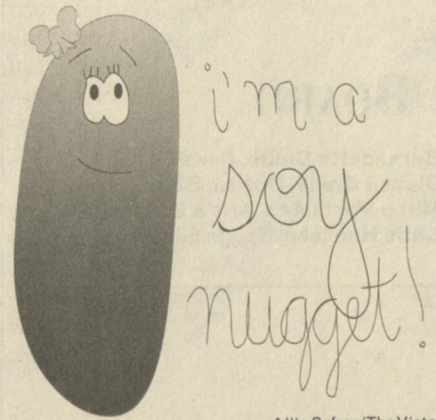
So you can imagine my mother's horror when, after a year of going to school in California, I announced that I was going vegetarian. You'd have thought I told her I failed a class or went to jail. Not eating meat? It was simply unheard of in my family. I tried to explain to my family about the treatment of chickens and cows and how most of the time, they were killed inhumanely.

In most cases, chickens are kept in cages or in such close proximity to one another that they can barely move. In hog confinements, they cut off the pigs' tails to prevent the pigs from eating each others' tails, clearly demonstrating the pigs' inadequate food intake. But even with this information and more, my mother's response was still "just eat it."

With this new interest in animal rights and vegetarianism, the question of man's relationship with animals surfaced. It's interesting to think about how many different relationships we as humans can have with animals. And although I obviously have my own opinions on the matter and have adjusted my way of life to accommodate them, I do understand the opposing side.

I know that many look down upon those who eat meat, saying "they" support the poor treatment of animals and are animal killers, etc. But I think it is perfectly fine to eat meat or poultry. I was definitely known to frequent Ruth's Chris back in the day.

However, I have experimented with both sides and I think it's safe to say that if I do get the chance to travel to China, I would have to politely decline the offer to make man's best friend my lunch. But despite your eating habits, I think it's mainly important to find what works for you and be educated on where your food is coming from. As for me? I think I'll stick to vegetarianism.



Allie Safran/The Vista



Hailey Means/The Vista

Ole, Ole, Ole, Oh No! Diego Torero's Dark Past

By Lauren Millsagle

USD's mascot, the Torero, symbolizes a cruel and perverted sport. I cannot be a "proud Torero" when our mascot represents the systematic torture and killing of an animal for entertainment.

Bullfighting begins with the bull, or "torro," who is bred from lines of bulls that will fight for their life until the very end. This ensures the bloodiest, longest fight possible. Bullfighters do not want an animal that will die quickly, but one that will continue to stand as his flesh is torn from his body. The matador begins the fight, using his cape to encourage the bull to charge. This is a means to physically exhaust the bull and marks the beginning of the bull's slow and painful death.

Next comes the picador on horseback. The horse is covered in a thick protective sheath as the bull believes the horse to be the source of his torture and will charge the horse. Despite the protective layer, many horses are fatally injured in bullfighting. The picador's objective is to stab the bull between the shoulders with a lance so that the powerful muscles are torn and the bull begins to weaken from blood loss and limited mobility.

Now that the bull is tired and bleeding, the "tercio de banderillas" come into the ring. These three men, on foot each have two banderillas, long barbed sticks, decorated with paper to add to the entertainment. One by one, the men jump high in the air with their banderilla raised above their head and slam the barbed weapon in the already bleeding, torn flesh of the bull's shoulders. The barbed tip ensues that the bull will suffer as much as possible while the banderilla rips the shoulder muscles further. Six banderillas are jammed into the bull. The intent is to hurt the bull with such intensity that his adrenaline kicks in and he puts up a final fight even as he can barely walk and is bleeding to death.

Finally, the matador re-enters the ring to confront the bull for one last time. He brings a sword, which he attempts to drive through the bull's shoulders, through his heart. The matador is often unsuccessful and it is not uncommon for the bull's lungs to be punctured and for the bull to begin to drown in the blood that fills his lungs. The matador will try again until he has successfully gouged the heart. He is then celebrated as a brave hero.

Now, I know that you may want to justify this as a cultural tradition, but I'd like to first point out that bullfighting has been banned and rein-

I cannot be a 'proud Torero' when our mascot represents the systematic torture and killing of an animal for entertainment.

stated since the 1500s. Pope Pius V first banned the sport in 1567, though it was later reinstated by King Phillip II. Uruguay made bullfighting illegal in 1912. In 1991, the Canary Islands also banned the sport. Over 70 cities in Spain, including Barcelona, have taken a stance to no longer allow bullfighting. Bullfighting as a sport and tradition is quickly losing favor in the countries that once celebrated it. America has never participated in bullfighting and to name our San Diego mascot the "Torero" is foolish.

On the topic of tradition, let's take a look at some of America's traditions. Traditionally, Americans owned slaves. It was common place for a plantation owner to buy another human being and to work him to death. This is an example of a tradition that is brutal and ethically wrong that we have consciously decided to no longer perpetuate. Traditions can change, and to hold on to a brutal act for the sake of tradition is wrong. I am embarrassed that our school mascot reflects our ignorance and unwillingness to change.

Aside from tradition, one may argue that bullfighting is acceptable because a bull is an insignificant be-

ing, that his suffering is unimportant. To break down the callousness of that belief, imagine that your own pet dog or cat is in that ring. His tail tucked between his legs, yelping as these strange men stab him to death for entertainment. He tries to run out of the ring, but the only exit is death. Physiologically, bulls have the same pain receptors as you and I. To draw a line between the suffering of an animal and the suffering of ourselves is a delusion.

A common argument for bullfighting is that the bull is used as meat to feed people, therefore his suffering is justified. To kill an animal for food can be ethical, but the bull's main purpose is to entertain for bloodsport. The bull is bred to put up a fight, to ensure the bloodiest show possible. If the main concern was to kill the bull to feed the hungry, then he should be bred to produce the most edible meat for the most amount of people. Again, think about your family cat or dog. If someone mutilated and killed your pet, I should hope that it would not comfort you that the perpetrator then ate your animal.

Finally, I would like to point out that USD loves to paint the picture of the brave and courageous torero who stands alone and faces the bull. There is no contest in the ring. The bullfighter almost always wins. In the last 50 years, only 10 fatalities occurred in the ring. Men on horseback with weapons against an animal that is fighting for its life is not a competition; it is an execution. The men are not competing against each other as they do in most sports, but are using the abuse of an animal to provide entertainment. I don't see the torero as brave, I see him as a coward. He exerts his masculinity by violently attacking and killing an animal who has no choice but to fight for his life. The fight is neither fair nor ethical.

My hopes are that you too will see the ignorance and violence behind Diego Torero's smiling face and will realize the error we have made. Let's end the savage celebration of barbaric bloodsport and find a new mascot.

Religious tolerance?

By Michael Lu

The commotion that has surrounded Pastor Terry Jones and the Dove World Outreach Center amidst "International Burn A Quran Day" on the anniversary of Sept. 11 has sparked stern disenchantment among Muslims in Afghanistan. Although "International Burn A Quran Day" never materialized, a profusion of debates have arisen over religious freedom and tolerance constituted in the United States. These flurries of activities have also fostered brewing questions and relentless arguments over the legal justification and moral sensibility of religion.

It has been well documented that the United States over the course of its history has been considered a melting pot where different cultures, ethnicities, and nationalities have blended together. However, the liberties and rights our forefathers inscribed on the Declaration of Independence have been severely undermined. The back-and-forth bantering between political think tanks, scholarly pundits and religious sects over these issues has continued to demonstrate an adverse effect on the authority and influence of the United States among the international community. The aftermath of the terrorist attacks on the World Trade Center fueled animosity and hatred against the Islamic world and the ever-growing Muslim populace. It caused our outlook over the nature of religion to change over night and escalate to the point where our blindness and ignorance manifests itself by lumping law-abiding citizens of the Islamic faith with fundamental extremists.

Our ongoing involvement in Iraq and Afghanistan can be directly traced back to the primary objectives that Osama Bin Laden and Al Qaeda aspired to accomplish with Sept. 11. It was never the intention of Bin Laden and Al Qaeda to dismantle and dissolve the American framework within a single day, but rather initiate and instigate a domino effect wherein the United States would be caught off-balance and utilize all of its financial resources fighting an enemy that already proclaimed victory.

Yet the dominance and prevalence that the United States has conveyed to the rest of the world has steadily declined. The rash decision-making and the poorly executed strategies in Iraq and Afghanistan has prolonged this battle far too long. The foundation the United States has established in Iraq has not translated into an adept and competent government capable of overseeing its own affairs. While in Afghanistan, membership in the Taliban seemingly has increased at astronomical rates since the United States entered into armed combat in 2001.

The critical assessment of the United States in this particular article will undoubtedly be lambasted by individuals who will suggest my staunch opposition against the wars in Iraq and Afghanistan has somehow weakened my support and appreciation for our men and women on the battlefield. I am not a radical pacifist by any stretch of the imagination. I'm merely a realist who has become hell-bent on a logical and methodical resolution proposed by the Obama Administration.

The tactful withdrawal in Iraq will require a step-by-step approach instead of hurriedly removing battalions and squadrons of soldiers without abandoning the mission that stipulated the justification of this war: ridding the dictatorship of Saddam Hussein and creating a democratic and unified Iraq.

Even though parallels between Iraq and Vietnam have numbingly caused the United States to become more and more apprehensive with their maneuvering, the belief in "Manifest Destiny" still resonates in the hearts and minds of many Americans.

Marijuana legalization offers far more than meets the eye

By Sarah Jorgensen

Legally getting high is not the only reason to support marijuana legalization.

True, this may be the sole incentive for some voters to support Proposition 19, which will be featured on November's ballot. (See theusdvista.com for news coverage of this law). If enacted, the bill will legalize the use and cultivation of cannabis (more commonly known as marijuana) in California. However, if I were a California resident, I would cast my vote for Proposition 19 based on reasons beyond recreation.

Let's be honest with each other. Marijuana is a part of California culture. Even the text of Prop 19 acknowledges that "cannabis consumption is simply a fact of life for a large percentage of Americans." According to surveys cited by Prop 19, more than 15 million

Americans have used cannabis in the past month. Some may be concerned that this high number may increase if marijuana is legalized. However, according to a recent study by the National Research Council, in the 11 states where marijuana is decriminalized, one step below full legalization, usage has not increased. In short, the people that want to use marijuana probably already do.

Now, some may throw up their arms and say, "There is a war against drugs in this country! Since marijuana is a harmful drug, it should be illegal!"

If this were the argument that drove our country's drug policy, then alcohol should still be illegal, as it was during the Prohibition. According to the Center for Disease Control and Prevention, there were 23,199 alcohol-induced deaths in 2007. There has never been a marijuana-induced death (both of these figures leave out drug/alcohol related accidents).

Alcoholism is a major problem in this country, and we shouldn't forget about it just because it has been a legalized drug for the past century. Similarly, there will be people who abuse marijuana under this law, but the majority will not. Under Prop 19, marijuana use will be limited to those over 21 and it will be a punishable crime for them to smoke in front of minors or in public.

Also, it is no secret that California is in major trouble financially. The state's budget deficit is more than \$24 billion. Taxing marijuana could generate \$1.4 billion in tax revenue, according to the Los Angeles Times, more than many of the other proposed budget cuts, including closing state parks and removing medical insurance coverage for impoverished children. This is money our state needs in order to continue providing such wonderful programs to its residents.

The state would also save a tremendous amount of money by ignoring marijuana-related crimes. According to the Los Angeles Times, there were 61,000 arrests in California due to marijuana last year. This would also allow law enforcements to tackle some of our state's more troubling issues, like illegal immigration and gangs. The government would also be taking the power over marijuana away from the gangs, which would be a massive hit against their influence.

According to the text of Prop 19, illegal marijuana transactions generate \$15 billion each year. The government will have the opportunity to stop this trend and create a safe access environment.

Prop 19 would also provide increased legal protection for medical marijuana patients adhering to Prop 215 as it would not undercut or override the patients' rights, as some have said.

In fact, Prop 19 directly references Prop 215 in multiple areas of the bill and notes that it would not undercut those provisions.

Legalizing marijuana would also allow it to be studied for scientific research, which could amount to medical breakthroughs in the near future. New jobs and (legal) entrepreneurial opportunities may be on the horizon too, depending on how the new regulation system is implemented.

Marijuana is not a big scary monster living under California's bed. It is a substance that has been proven to be less toxic than alcohol, medically beneficial and has the potential to help save governmental programs that have benefited citizens here for years. Even if you don't think you'll choose to use cannabis once it is legal, consider the positive implications for our state. There are many more than may meet the eye.

University of Satirical Discourse

Sally Sol stands up for the right to tan

By Brent Tuttle

Note to the reader: After having the privilege of seeing Beyonce's alter ego, Sasha Fierce, star in a guest performance at this past Coachella with Jay-Z, I was inspired to create an alter ego of my own. Sally Sol, my feminine alter ego, aims to tackle the issues and stereotypes here at USD. This is Sally's voice, and I invite you to hear her roar.

I've always considered The Vista to be a hate-mongering propaganda machine that looks to belittle the quality and importance of diversity and inclusion here at the University of San Diego. Past articles and editorial responses alike have offended me deeply, sometimes to the point where my eyes water up when I see that fresh stack of satanic text put out every Thursday. The writing staff is arrogant and misguided in their efforts to push their totalitarian views across the campus, and I am deeply saddened that the school would even support such a blatant collection of hateful generalizations.

Past usages of slander in The Vista, such as "frat bro," have hit my heart deep, as I look at the fine young gentlemen of USD's Greek life community routinely and wonder how anyone could ever get it so wrong. Frat bro is such a demeaning term and continues to uphold prejudices in our society. Obviously anyone who's been intimate with any of these alleged "frat bros" knows that they truly have evolved past the ancient stereotypes of college students who want to get drunk and chill with cuties. Several have even taken me to breakfast.

Going along with that topic it's utterly disgusting that the women of USD's greek life are often times belittled as "sorority girls." I wish the student population could get past their inhumane "To Catch a Predator" mentality and realize that these intelligent, productive members of the Greek society are women, not girls. Why is it so hard to show some respect for those who bake cookies and make signs around campus?

I've been able to look past my transgressions with The Vista week

Why is it so hard to show some respect for those who bake cookies and make signs around campus?

after week, and I solely continue to read it based off of my therapist's recommendation for dealing with anger management, and likewise her generous Xanax prescriptions. This week however, I read an article which outraged me like no other on-campus hate speech ever has before. The angry and loathing staff of The Vista published a column speaking out against tanning, and even more so the culture here at USD.

The article is completely inaccurate in so many ways. For example, the author claims that the ultimate status symbol here at USD is how tan you are? Is she kidding me? With the latest fall fashions and handbags making their debut on campus along with the iPhone 4's release to those rich enough to get it, there are much more important things than the color of your skin. I don't care how olive toned your body is if you're seen on campus with a

Motorola RAZR. Predictive text is flat out primitive.

Furthermore tan lines can actually be a plus on the right person. For example, if I sit next to a guy somewhere on campus and he has a huge tanline from his wristwatch, I know that he is probably a ballin' ass rich dude who is super smart and will make a great husband. So consider yourself myth busted Vista news brothel, because in this case bronzed isn't always better.

Also in the article, our in house manufacturers of hate assert that some students go the spray tan route. I'd like to call upon The Vista to fact check this quotation. Do they think that the Situation and Snookie set up shop in Linda Vista? Hopefully more pro tanning people make haste of this issue, because, quite frankly, I don't mind certain superficial cosmetic alterations made to my body, but a tan is surely not one of them. With respect to all of our tan Toreros I'd like to declare that I only bronze organically and sustainably with 100 percent natural and renewable San Diego sun.

So Vista staff, I ask that you simply insert more tolerance and inclusion in your weekly columns. Being tan is a personal choice, one which all men and women are free to pursue. Don't persecute those who seek a well-lit lifestyle of liberation, and don't assume that just because some of your fellow classmates may be fortunate, that it's daddy's money. It's entirely possible that mommy has the money sacks; and as a woman it's degrading to myself and to my spirit that you assume all breadwinners lack the ability to give birth.

THE VISTA

Letters to the Editor Policy

The Vista strongly encourages letters to the editor from students, faculty, staff, administration and the community.

Correspondence should be sent to kosburn@usdvista.com with the subject line "Letter to the Editor."

Submissions must be limited to 300 words and include verifiable contact information.

Letter content will not be edited for clarity, style or grammar in order to preserve its authenticity.

The Vista does not publish anonymous letters, those addressed to a third party or letters in poor taste.

We look forward to hearing from you.



Letter to the Editor

Your recent issue featured a piece entitled "DO TELL" in which the author announced that "[g]ays should be allowed to serve our country openly." In that context of this must mean that military gays should be free to talk about their orientation openly, march in Gay Pride parades, express as military members and publically their gay sex and life styles, and further promote their orientation, with impunity.

The piece is rife with erroneous, misleading statements about the legal status and political support for gay marriage and the "don't ask-don't tell" law. No states voters have permitted gay marriages. Voters in thirty-one of thirty-one states have rejected concept. The few states that allow gay marriage (less than ten) changed their laws through activist judges who didn't even permit voter review, depriving the electorate of the right of referendum.

Secondly, Congress does not decide the constitutionality of laws. The Supreme Court determines which laws pass constitutional muster, and it will undoubtedly decide whether there is a constitutionally protected class determined by sexual orientation, in reviewing "Proposition 8", in an informed manner. Neither your author nor Congress was willing wait for the forthcoming Defense Department report on the impact of a policy change.

Most of the support for "don't ask-don't tell" repeal comes from gays themselves and from other who have no intention of ever entering the military. Many have little respect for military life. Considerations such as social impact on military life should be addressed before Congress stands up for what Lady Gaga believes. I prefer to form my opinions reasonably by consulting the dedicated men and women who have joined our "all voluntary" military about how their environment will be altered by this repeal, rather than the opinion of a meat clad publicity seeker and her two gay ex-military one night dates.

- David S. Moynihan, USD Law Alumnus

Letter to the Editor

I want to commend the Vista team on the new format. I am an avid newspaper reader beginning with the LA Times online each and every day. A colleague and I pick up the Vista every week, and while I have not been impressed with the Vista format and coverage in the past, I do make it a point to read USD news from your - the students' - perspective.

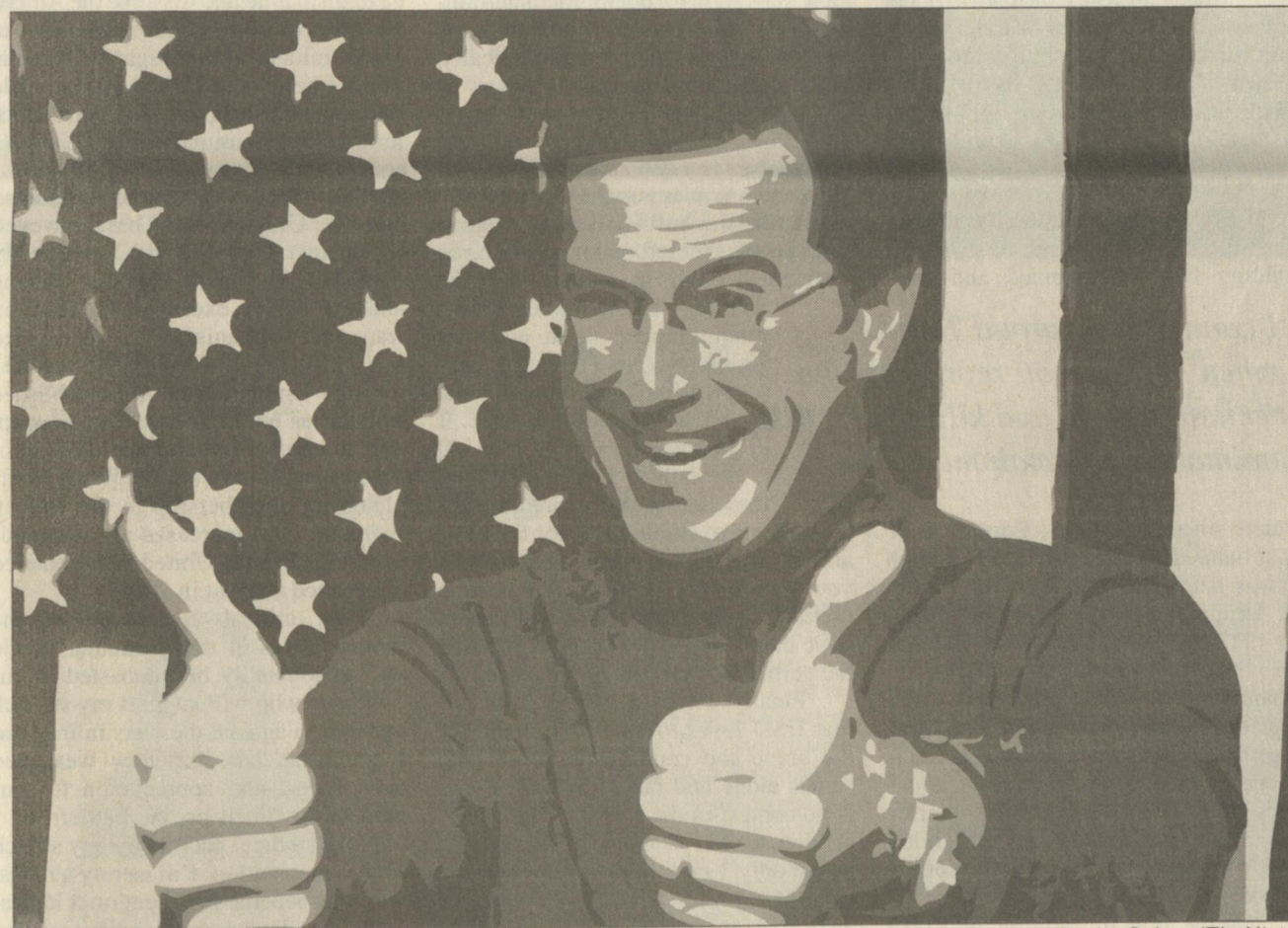
I am very impressed with the new format and the coverage this week. The larger pictures, format, and different sections of the newspaper are clearer to understand and digest, even with a cursory overview before in depth reading. I especially note the cover stories related to Ramadan as well as the U.N. - two related articles which connects the USD community not only to student activities, but also to the international community. These are precisely the type of stories which merit front page news.

I am also an avid reader of the recent explosion in community newspapers such as UpTown and Downtown News. San Diego is not my hometown, but I do get a hometown feel from the journalism, enthusiasm, and dedication of these local newspaper. This, however, is in stark contrast to what I believe is the terrible new format, and the utterly underwhelming Union-Tribune.

Thus, I find The USD Vista's new format to be yet another engaging contribution to the local conversations on campus and in San Diego. It certainly is an impressive debut, and I hope you and your team will keep up this level of energy, renewal, and professional journalism. All great universities have great campus newspapers resonating with the pulse and energy of current events and student life.

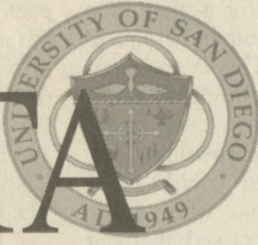
I sincerely hope and wish you and your team all the best, as you develop and grow the Vista into a must read for the campus community. Bravo on your efforts thus far!

- Don Trinh, Assistant to the Dean, KIPJ



Kendra Osburn/The Vista

THE VISTA



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The fifth estate of mind

"The most holy function of comedy is to speak truth where truth is not present. It is a holy burning sacrament, people, and it shall make you free. And wherever there are pundits bloviating, there are billowing clouds of mistruths and a need for the sweet salvation of satire."

- TC's Ministry of Propaganda

In today's media vernacular, 'journalism' is fondly referred to as "the fourth estate." It was endowed with this epithet because it is the unofficial "fourth branch" of government, responsible for making sure that the other three branches of government are behaving appropriately. Ideally, journalists would ask the hard questions, get all of the facts and keep the public informed. However, as Jon Stewart so eloquently explained during his infamous debut on "Crossfire," lately journalists have not been performing their "fourth estate" duties.

During a time when TMZ is quoted as a reliable source and echo-chamber news is as rampant as San Diego's feral cats, many citizens have found themselves turning to an unlikely information source - 'fake news.' When CNN headlines harp on Lindsay's latest trip to detox and FOX spews unabashedly biased "truths," disgruntled media consumers turn to Jon Stewart and Steven Colbert for some satirical hearsay.

"The wise fool, or court jester, is commonly the figure who speaks truth to power in the tradition of political satire," said Megan Boler, author of "The Daily Show, Crossfire and the Will to Truth." "In times marked by the stifling of dissent and narrowing of press freedom and bandwidth, political satire thrives."

Because neither Jon Stewart nor Steven Colbert are intended to be taken seriously, they can "speak truth to power" or, in other words, they can highlight the often absurd theater of media and politics.

This paradigm shift in popular media consumption resulted in the ad hoc coining of "the fifth estate." The "fifth estate" - fake news - now serves as a watchdog over the "fourth estate."

Before enlightening further, let us digress.

We are refusing to insult your intelligence by assuming that you don't already have a working knowledge of the world around you.

We would like to pre-apologize for forever falling short. Due to the current constraints of time and space travel, we are unable to be everywhere, interview everyone and have an extensive working knowledge of every subject. That is not to say that we won't constantly be fighting an uphill battle to keep you informed, because, trust us, we will (and if you don't trust us, just stop by The Vista office next Wednesday at 4 a.m.). However, we recognize our own inadequacies and would like a new forum within which we can comment on our own commenting.

"Satire has a long history of functioning as a form of critique," said Esteban del Rio, Communication Studies professor who teaches a course entitled Media & Conflict. "The events and the newsmakers themselves are being critiqued, but the communication system is being critiqued as well."

Our desire to humorously highlight the shortcomings of ourselves and the world around us, combined with an attempt to be 'en vogue,' resulted in the recent addition of our 'University of Satirical Discourse.'

Quixotic, or incestuous as it may initially seem (we recognize that it doesn't really look good to have the fifth estate residing inside the fourth estate but until USDTV gets a "Todos los Dias" show of its own, the Opinion section's all we've got) this is our valiant effort to speak the language of new media and, most importantly, provide you with the most pertinent form of media critique. Ultimately, this is a complement to you.

"In order to get the joke, you have to already know the news," del Rio said. We, like Jon Stewart and Steven Colbert, are refusing to insult your intelligence by assuming that you don't already have a working knowledge of the world around you.

In this section, we will satirize and critique this world (including, but not limited to, ourselves, you and the media) and treat you like the informed citizens we know you are. Welcome home, USD.

"There never was in the world two opinions alike, no more than two hairs, or two grains; the most universal quality is diversity."

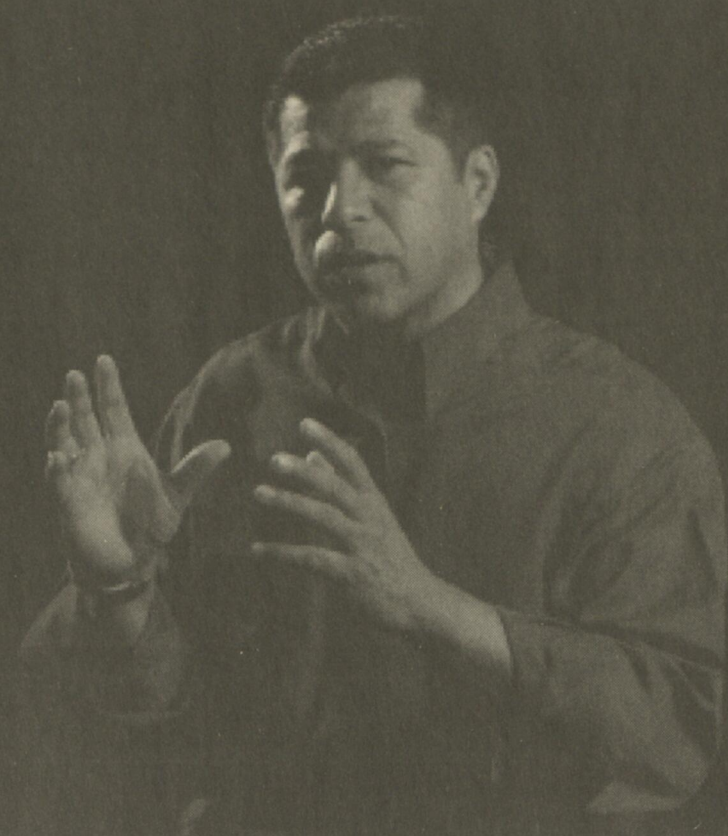
- MICHAEL EYQUEN DE MONTAIGNE

9

**AZUSA PACIFIC UNIVERSITY
GRADUATE SCHOOL OF THEOLOGY**

Augie Barajas, M.Div. '07

Pastor, Victory Outreach of Eagle Rock, California



LESSON LEARNED: God transcends borders.

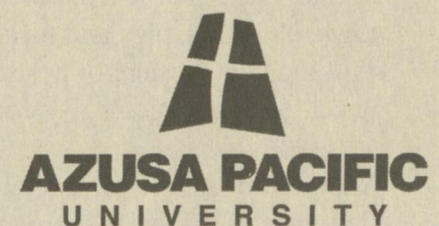
MY STORY: When I was a teenager in Mexico City, my family attempted to escape extreme poverty by immigrating to Los Angeles. This began a journey that would one day lead me across more borders—to Africa.

To learn more about Augie's inspiring story and explore APU's graduate theology programs:

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10974

WHERE WILL YOU BE?

11:30 am

Welcome/ Check-in

12:00 pm

Service Projects
Tecolote Clean-Up
Organic Garden Restoration/ Building
Service work at local Linda Vista schools
Linda Vista Parks Beautification

2:00 pm

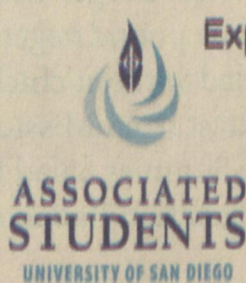
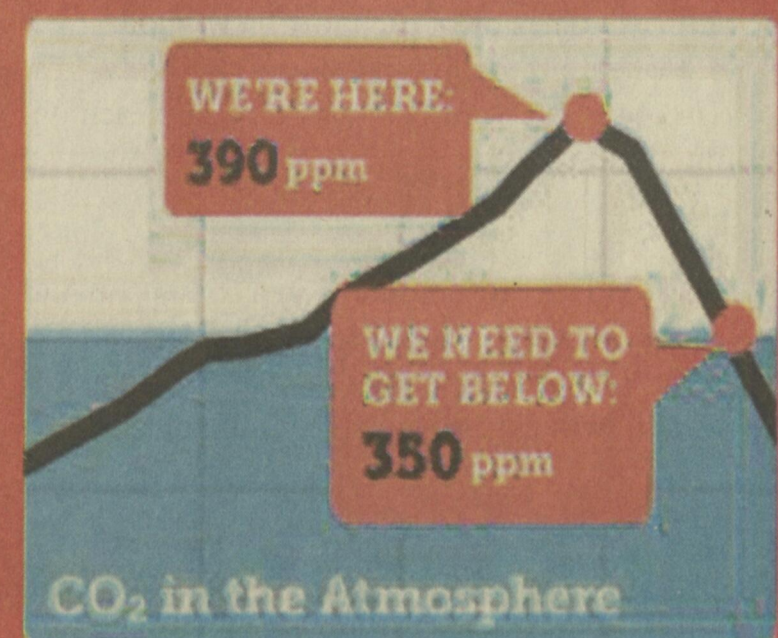
**Thank you meal
& Group photo**

Register and get more information at
www.sandiego.edu/explore

The Science of 350

CO₂
↑388.15

Scientists say that 350 parts per million CO₂ in the atmosphere is the safe limit for humanity. Learn more about 350—what it means, where it came from, and how to get there.



Center for Christian Spirituality
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Residential Life
University Ministry

To Veg, or Not to Veg?

By Vanessa Christensen
and Kendra Osburn

Graphics by Kendra Osburn

Struggling through the masses of freshmen and athletes alike, forging through plumes of sweat, heavily-laden with the pungent, sweet smell of Axe (Dark Temptation) and the ever-so-friendly reminders to "only take three pieces of sushi!", I arrived at the SLP. Despite the usual hubbub, tonight was different. The hours preceding my visit to our dining hall involved surfing the world wide web, researching a topic I had hardly given consideration towards in all my years of carnivorous consumption: vegetarianism. Tonight marked a monumental moment in my life. I consumed what I would consider to be my first 'meat-free' meal as a vegetarian.

In most "diets," the disadvantages often outweigh the advantages. However, when it comes to vegetarianism, I - and the many other practicing vegetarians - find the advantages to drastically outweigh the disadvantages.

But first, the disadvantages. When meat is eliminated from one's diet, protein and several vital nutrients are lost. With the absence of red meat-derived protein, nine essential amino acids, which the human body is otherwise physically incapable of producing, can only be attained through the consumption of milk (this does not include soy). For those who are lactose-intolerant, it is possible to obtain these amino acids, but it requires greater emphasis on the consumption of protein-rich foods. Protein, common in a wide range of foods including soy, dairy, beans and nuts, is far easier to obtain than nutrients such as B-vitamins, calcium, and iron. While all three nutrients may be found in either fruits or vegetables or dairy products, the concentrations of such are significantly lower and thus it is strongly recommended to integrate supplements into one's diet.

In addition, living and maintaining a vegetarian lifestyle is not always easy. Often it requires extra effort, planning and time. Common mistakes that many people intend to stem from a lack of knowledge on the subject. Allow me to illuminate.

Advocates argue that a vegetarian diet benefits animals, the environment, the global community and even one's own health. "Animals feel pain, just as humans feel pain, and thus all forms of cruelty should be spared," said PETA, the extremist animal advocacy group. Many vegetarians opt out of eating animals for exactly this reason. They argue that of the 10 million animals slaughtered for human consumption each year, most are factory farmed, crammed into cages so tiny they are physically unable to rotate and are fed a diet tainted with pesticides and antibiotics. So much for all those 'happy cows' from California.

If furry friends aren't your top priority, maybe the environment is. The devastation the meat industry has on our environment is staggering. The E.P.A. states that chemical and animal waste runoff from factory farms is responsible for more than 173,000 miles of polluted rivers and streams. Due to the extreme conditions of intensive agriculture (how cows, chickens, pigs and turkeys are "grown") animal production is environmentally unsustainable. Intensive agriculture, classified by high inputs of capital and labor along with the heavy usage of pesticides and chemical fertilizers, dramatically increases environmental pollution through heavy plowing, erosion and the poisoning of water through agricultural chemicals. By consuming a vegetarian diet, one does not support this pollution of our planet.

Another advantage of vegetarianism is that it helps to reduce worldwide famine. Seventy-two percent of all grain production in the United States is fed to animals used for slaughter. If this grain were to be given directly to those countries in need, there might be enough food to feed the planet and solve global hunger. Even if you could care less about the environment or our global community, you probably care a lot about yourself.

If 'saving the world' isn't on your to do list, hopefully staying healthy is. Because it consists heavily of grains, nuts, beans, fruits, vegetables, and dairy, the vegetarian diet decreases one's risk of toxicity from food-borne illnesses such as mad cow disease and the bird flu. Furthermore, it reduces the ingestion of parasites, pesticides and chemicals. According to the U.S. Environmental Protection Agency, nearly 95 percent of the pesticide residue in the typical American diet is derived from meat, fish and dairy products. Fish contain toxic carcinogens such as PCBs, DDT and the harmful heavy metals mercury, arsenic and cadmium.

Even more exciting, the vegetarian lifestyle has been known to increase longevity and energy levels, and in some cases even support weight loss and maintenance. Beyond that, eliminating meat from one's diet significantly reduces the intake of unhealthy, saturated fats, as well as cholesterol, in turn reducing the risks of developing health disorders such as high blood pressure, stroke and diabetes.

While I'm excited to start reaping the physical benefits of my fresh, new lifestyle, I'm even more delighted to help innocent animals, Third World countries and our environment. I'm looking forward to my semester of culinary experimentation, and I hope to one day run into you at the SLP and bond over a veggie burger.

Black Bean Zucchini Quesadillas

Ingredients:

2 pounds zucchini, grated
1.5 teaspoons salt
30 oz cooked or canned black beans, strained
12 oz Monterey Jack, grated
2 green onions, chopped
1 jalapeño, minced
8 eight-inch flour tortillas
Olive oil

Directions:

1. Toss zucchini with salt in the colander and squeeze out excess water.
2. Combine zucchini with beans, cheese, green onions and jalapeño.
3. Brush one side of each tortilla with oil.
4. Place flour tortillas oil-side-down and spread each with 1/4 of the zucchini-bean mixture. Top each one with an oil-side-up tortilla.

To Cook:

1. Fry: Place one quesadilla in a frying pan and cook over medium heat for three minutes on each side, until golden.
2. Broil: Place quesadillas on baking sheet and broil about one to two minutes per side, until golden.

Enjoy!

Recipe courtesy of The Veggie Table

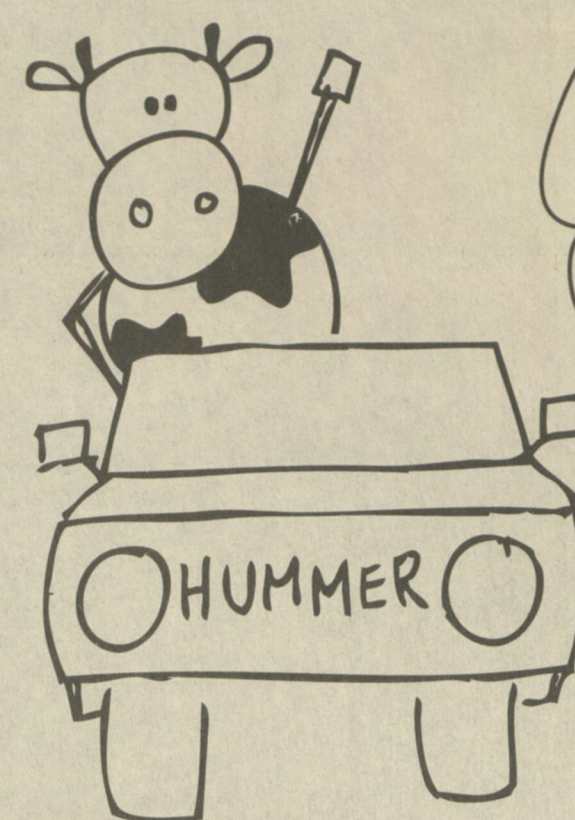
"Dice, Spice and Everything Nice" Soup

1. Make (or buy from Trader Joe's) "mirepoix" - the French name for the combination of onions, carrots and celery.
2. Cook the mirepoix *slowly* over low heat in a large pot with olive oil.
3. Add garlic.
4. Add anything else that you have in your refrigerator that might not make it through the weekend, or anything you like. Kendra adds spinach, chopped kale, tomatoes, more carrots, asparagus, broccoli, garbanzo beans, black beans, and rice.
5. Top off the soup with vegetable broth and season to your liking. Try salt and pepper, balsamic vinegar and hot sauce.
6. Bring the whole thing to a boil. Stir, then reduce to a simmer for a few minutes. Cool and serve!

Recipe by Kendra Osburn

Vegetarian Options Around San Diego

Our staff recommends: Burger Lounge veggie burger, In 'N Out grilled cheese (with grilled onions!), Fresh MXN (Santana's) one pound vegetarian burrito, Rubicon Deli's "The Whale's Veg," Sushi Ono in Hillcrest, Urbane protein salad without chicken, Olive Café's acai bowl and all egg options, Saffron vegetarian noodle dishes, Zen Breakfast from Mission, Chipotle's veggie burrito bowl, Penne Rosa from Noodles & Company, Zanzibar chili, the Summer Salad from Café 976, and everything from Naked Café. For your fake meat fix, Trader Joe's has vegetarian Italian sausages, as well as a delicious frozen eggplant parmesan.

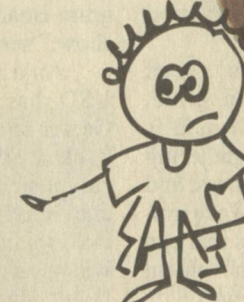
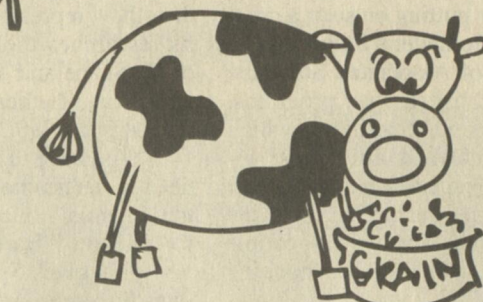


According to Rajendra Pachauri, chair of the United Nations Intergovernmental Panel on Climate Change, animal consumption is contributing to global warming. The UN's Food and Agriculture Organization has estimated that meat production accounts for nearly 1/5 of global greenhouse gas emissions.

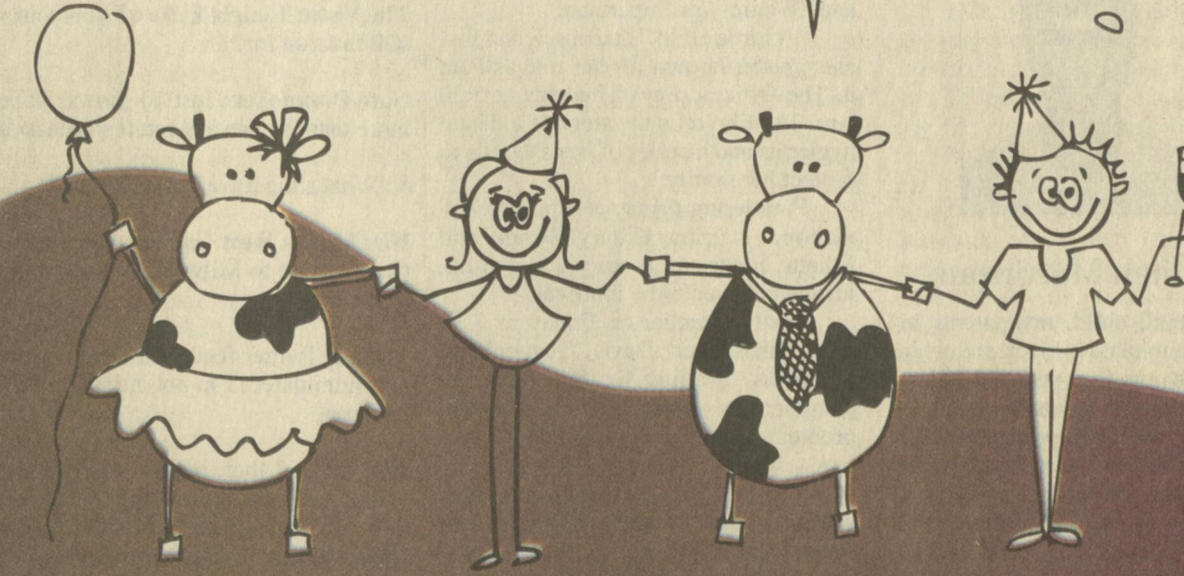
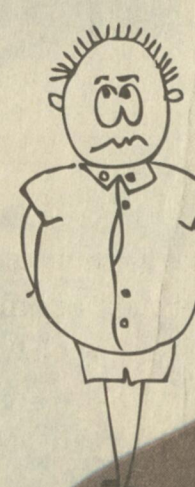


According to Columbia University Press' "The Science of Nutrition," world starvation is connected to meat-eating habits. If Americans stopped feeding grain to cattle, the excess grain could feed 500 million people.

In 1961 the Journal of the American Medical Association reported that a vegetarian diet could prevent 90 to 97 percent of heart diseases. What is the number one killer of Americans? Heart disease. In addition, according to the Journal of Clinical Nutrition and the New England Journal of Medicine, meat eaters are much more likely to be overweight than vegetarians - and constipated. It takes four times as long for us to digest meat as opposed to vegetables.



Not many people know that in the United States, one million animals are killed for human consumption every hour. If each one of us were to cut back on our animal consumption by only 10 percent, approximately one billion animals would be spared a lifetime of suffering each year.



HOW DO WE DO THIS?

To start out, eat one less meal of meat a week. See how that goes. You will survive. Then maybe in a few weeks you can try giving up another meal of meat. And maybe that will turn into Meatless Mondays. It is really not as scary or high maintenance as the stigma suggests. Go to the SLP and order a veggie burger or the Vietnamese Pho with tofu. Get a big salad with a bunch of garbanzo beans. Go to La Paloma and try the Olympian.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY

ARTS & CULTURE

EDITORS

Mitch Martineau
mmartineau@usdvista.comRyan Coghill
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Club UC Forums: Passion Pit drummer brings the beat

By Sara Johnson

If you thought that USD was a small, private, Catholic university situated on a bluff overlooking the water, you'd be right. But if that prompts you to believe that USD can't throw an on-campus rave, consider yourself sorely mistaken.

On Wednesday night, hundreds of students crowded the pathway of the UC to attend the Passion Pit DJ set. For a 10 p.m. start time, students began camping out at around 8 p.m. that evening. As 9:45 p.m. rolled around, students poured into the UC Forum in neon tanks and hipster headbands and prepared themselves for an incredible set, put on by Passion Pit's drummer, Nate Donmoyer. The Forum filled up unbelievably fast and Donmoyer started the set right on time, even though his band had just opened for Muse an hour before at the Viejas Arena.

Deemed by Rolling Stone magazine as an "indie-friendly electro-pop band," this set was comparable to something one might see at Voyeur (which Donmoyer played a few weeks ago). Passion Pit has always retained an electronic sound to their music, but Donmoyer's set had characteristics of trance and house music, unprecedented on any of Passion Pit's previous albums.

Crowd surfing and broken glow sticks were surprising aspects to show up at a USD Torero Program Board event. Andrew Maffey, a USD alumni from the class of 2009, said, "The diversity of having a show like this at USD is something I've never seen before," said Maffey. "It was great to see campus have a pulse and it feels good to be home."

Passion Pit is known as a part of the Second Wave synthpop genre, which began in the late 2000s and is defined by the Observer as "a gathering of urban and electronic awareness, and as a modern take on the New Wave music of the 1980s." Other bands that can be classified by this music movement are MGMT, La Roux and Phoenyx.

Regardless of their classification, Passion Pit's dance music has won over hipster crowds of all nationalities, proving that it was a fantastic way to prepare for the upcoming weekend and survive the remainder of the dreadful school week. Although students left Donmoyer's DJ set looking as though buckets of water had been poured over them, it seemed to be a success. Ev-



Passion Pit drummer Nate Donmoyer played a DJ set in the UC Forums on Sept. 22. At this exclusive rave, zero people were reported dead.

everyone enjoyed themselves and got to experience an entirely different side of USD's music culture.

"It was a fantastic experience and I have to commend Torero Program Board for putting on such a great show," senior Bernadette Smith said.

As a part of Associated Students, USD has established two programs, Center Stage and Spotlight, which book world-renowned artists and local musicians, respectively. Bryce Carr and Jared Barris are in charge of the two organizations, and are the people we should be thanking for booking Donmoyer's DJ set.

The way that Barris and Carr have distinctly separated their responsibilities is that Carr will often take on the task of bringing bigger bands to USD, where as Barris will seek out smaller groups for more low-key music events on campus. Because of this distinction, their jobs require entirely different tasks, but both demand impressive social skills and brave networking quali-

ties.

In regards to Barris and the Spotlight program, he often receives e-mails from managers within the San Diego area in an effort to promote the band that they represent. From there, Barris researches the requests using "lots of MySpace and YouTube stalking" to figure out whether the group would be a good fit for USD.

"You have to set a scenario in your head to determine if the atmosphere of the potential concert will be enjoyable for students," Barris said.

This gives Spotlight more control over the environment of an event, depending on what students desire. For example, during finals week, a more mellow concert might be appreciated by the student body, considering all of the chaos surrounding other aspects in their lives.

Alternatively, Carr reels in the more well known bands and in doing this, is forced to do an extensive amount of outward e-mailing, quite the

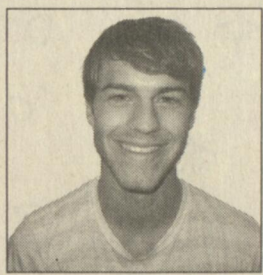


Students exit the forums after Nate Donmoyer's DJ set in the UC Forums.

opposite of Barris' job requirements. Slowly, the process of attracting bigger names to USD is becoming easier with a repertoire that now includes the likes of Passion Pit and Lupe Fiasco. The process still includes a significant amount of networking with the music

industry, and not at a local level, which makes the task even more challenging. Thankfully, Carr and Barris have both been hard at work to ensure that Center Stage and Spotlight continue to bring the best musical talents in the area to USD.

San Diego Film Festival



By Mitch Martineau

As a small child, my parents introduced me to classic black and white films. While my four-year-old palette may have been too young for these films, I soon grew to appreciate and actually enjoy these cinematic treasures. Similar to my parents' strategy with spinach, they force fed me pre-1950's movies until I developed a taste for classic cinema. To this day there is nothing I enjoy more than watching a suspenseful Alfred Hitchcock film while munching on a big bowl of spinach.

One may argue that it was this love for cinema and spinach that inspired me to work at Blockbuster Video during high school. My 10 free movie rentals per week further developed and refined my taste in movies.

"Why go to college when I snagged such a dream job at a young age?" one may ask. The truth is that I found my job difficult when I had to politely explain to a customer that "Air Bud 2: Golden Receiver" was not actually a quality movie, even if the title was a wonderfully clever pun. But seriously, who knew a golden retriever could be such a good football receiver?

Because of my passion for film, it should be of no surprise that I am thrilled that the San Diego Film Festival begins this Wednesday, Sept. 29 and lasts until Sunday, Oct. 3. The San Diego Film Festival is a renowned event featuring both national and international films. Along with many other awards, critics have named the festival "Best Beach Festival," "Best Regional Festival" and "Best Party Festival." Sponsored by Stella Artois, the San Diego Film Festival is located in the heart of downtown at the Gaslamp Theater.

Past film premieres include "Garden State," "Napoleon Dynamite" and

"Hustle & Flow." Highlights this year include "A Little Help," "Conviction," and "Waiting for Superman."

"A Little Help," starring Jenna Fischer (better known for her role as Pam in The Office), plays Thursday at 5:30 p.m. The film tells the story of a dental hygienist and a series of lies she tells to protect her family.

Premiering Friday at 6 p.m. "Conviction," starring Hillary Swank and Juliette Lewis, is a story about truth, justice believed to be innocent.

Lastly, premiering Friday at 7:30 p.m., filmmaker Davis Guggenheim brings us "Waiting for Superman," a documentary about the widespread problems in the U.S. educational system.

The San Diego Film Festival also shows an array of smaller independent films, local films, short films, animated films and foreign films. There are bound to be films that interest even the pickiest of audience members. A schedule of movie showings, as well as passes and tickets, is located on the San Diego Film Festival's website at sdff.org.

While groundbreaking cinema is the festival's primary attraction, the movies themselves are not how the San Diego Film Festival earned the award "Best Party Fest." Nightly events at downtown hotels, restaurants and bars allow a festival-goer to mingle with both famous and upcoming actors, directors and producers. Past festival attendees included Zach Braff, Joaquin Phoenix, Kevin Connolly and Joan Collins. With an All Access Pass, attendees gain access to all awards parties and industry events.

If you are interested in only films, or a single film in particular, there are affordable options. An All Movie Pass allows the ticket holder access to all films for the week and costs \$65. Day passes range from \$25 to \$45 and single movie tickets cost \$12. For those who are interested in the full festival experience with access to awards parties and events, the All Access Pass costs \$135.

If you are unable to attend the San Diego Film Festival this weekend, I sincerely hope that you at least find time to enjoy a film in the comforts of your home, accompanied by a delicious bowl of spinach.

Conversing with Nate Donmoyer

By Ryan Coghill & Brent Tuttle

The Vista: Tonight kicks off your tour with Muse. How long will that run for?

Nate Donmoyer: Just 10 shows. About two weeks and it's more than we can ask for. It's been awesome so far.

V: What's the travel itinerary like?

ND: Mostly West Coast and then through Albuquerque and Colorado up to Milwaukee. So a good part of the west half of the U.S.

V: Your Twitter feed read earlier, "I'm not intimidated, I'm not intimidated, I'm not intimidated." Was that in reference to Muse?

ND: Ian did that, our guitar player. And, I kind of agree. When you look at their stage set up, well, it's more like you step into an arena, which we're not used to. We're used to small clubs and festivals or whatever and you step into an arena and it's just ridiculous to see that many seats. Let alone, they're on 15-foot platforms up in the sky with all these LED screens and we're just like [in a high pitched voice], "playing our songs, on the ground."

V: What's it like to have blown up in the last couple years, having your music played in Blackberry commercials? What's that transformation like as a band?

ND: It's kind of surreal but it's also kind of relative. To me it feels like it's been 10 years, and I understand also it's only been a few years. And it's kind of been this downhill chase to this status somehow, like things have rolled into. We've always been running to catch up and like, "Oh you wanna open for Muse," like, "Are you serious? Oh, we have a lot of work to do." So, that's kind of how it works and we wouldn't be happier in any other position.

V: So do you read Hipsterrunoff at all?

ND: Yes, totally! Carles.

V: It's been just calling Passion Pit out the last four or five months it seems, ripping your 'buzzband' to pieces with a lot of satire.

ND: I've been a huge fan of his blog for a while now, and to ever be mentioned on it is an honor whether it's positive or negative. The problem is I'm like 99.9 percent sure that it's not just him anymore.

V: Yeah, the writing has really gone downhill.

ND: Yeah, especially, what is it, The Alt Report? I'm 100 percent sure he doesn't write any of those. It's an honor to be slammed in that. It's totally fine with me. We totally take



Nate Donmoyer buys his shoes online.

it to heart.

V: You've been touring nonstop. Are you guys writing any new material? Are you going to take a break and come out with a new album anytime soon?

ND: We have 36 shows left until New Year's and that's when we're done, on this record, "Manners," and then we're going to write the new one. We can't really write it on the road. You can [only] do so much with a USB cord and headphones, and it just sounds like asshole. You really need a studio to make shit sound good.

V: And some time situated somewhere, and a comfortable living situation.

ND: And some sleep would be great. And some detox.

V: How is it to play a venue like USD, with a group of underage students, tight security, Bryce Carr in your ear half the time telling you to make announcements, or whatever he was telling you?

ND: He was just being nice. He was just offering me water. I appreciate that. It [the USD set] was totally unexpected. To be honest, this morning I woke up and was like, "Oh, I have a DJ set tonight." And it exceeded my expectations. Everyone was happy.

V: I think that about wraps it up. Anything you want to add?

ND: We'll be back in San Diego Dec. 5 at SOMA. We're allowed to announce that as of right now.

Phil Borges displays inspiring photographs

By Callie Prendiville

Located in the Institute of Peace and Justice Fine Arts Gallery, Phil Borges' photography collection is not one to be missed. In *Stirring the Fire*, Borges, a photographer and world traveler has created a series of photographs and videos of women who have overcome suffering and persecution in incredible ways. The result was a movement, also titled *Stirring the Fire* economically and emotionally support such women.

In the video playing in the exhibit, Borges describes his initial attraction to Third World countries and cultures that live exclusively off the land. As he immersed himself in these cultures across the globe, he soon lost his romanticized idea of them. He found that the common denominator in each group was the severe mistreatment of women and girls. Borges began taking portraits of women who stood up to their villages and society to make progressive, radical and often dangerous changes to better the lives and prospects of women and girls.

Each portrait features a woman whose grace challenges the camera as her eyes pierce the viewers' hearts. The beauty of hope in these women in the face of their circumstances provides perspective on how lucky we San Diegans are, and inspiration for how much positive change an individual can bring about.

The few sentences in calligraphy at the bottom of the portraits tell the story



Alexandra Nelson/The Vista

each photo's subject, describing their amazing stand against female genital mutilation, physical abuse, poverty and AIDS. One particularly striking portrait and accompanying story was of Howa, an eight-year-old Ethiopian girl who was the first in her family to refuse female genital mutilation.

Perhaps even more shocking than female circumcision, which is widely known and discussed, is the terrifying

trend in Sri Lanka of women and girls being the victims of life-threatening third degree burns. Horrifyingly, these burns are the result of their husbands, boyfriends or fathers throwing acid on them. The worst punishment these men receive for such a crime is a fine of five dollars. One of the portraits is of a woman who was a victim of such a burning and is now working to make sure other burn victims receive proper

treatment.

If you are starting to feel a little bit of that "oh-no-I-have-my-first-paper-coming-up-soon-and-that-internship-is-more-than-I-expected-and-that-guy-never-called-me-back" anxiety, take a minute to step back and absorb the faces and stories in beautiful photographs of extraordinary women from places of extraordinary suffering.

On today's menu: Tapenade

By Beau Seguin

"The meal was eloquently salubrious and we had a fun time," said my 95-year-old grandmother after our decadent meal at Tapenade, La Jolla's gem of a French restaurant. The eatery usually requires a reservation, yet my grandmother, Mary, and I casually strolled into the grandly-furnished dining room of Tapenade at 5:30 on a Thursday evening without having previously made a reservation. We had no problem finding a table at this hour, as we were seeking a grandmotherly time of the day to eat, and, Queen Mary, as many call my elegantly dressed grandmother, fit right in with the atmosphere of the restaurant.

San Diego Restaurant Week lasted from Sept. 19 to 23 and offered a three course Prix Fix at either \$20, \$30 or \$40, depending on the decadency of the restaurant. Tapenade, a highly-ranked restaurant, offered the three course deal for \$40, which was more than reasonable considering the high quality food and elegant atmosphere.

A jazzy ambiance took over the restaurant as Vanessa Paradis, the French musician and wife of actor Johnny Depp, softly poured from the speakers.

"Half the appetite is in the presentation," my grandmother explained. Tapenade began our meal by bringing out their Tapenade, a house olive, vinegar and anchovy bread dip. Indistinguishable at first sight, the dip had a sweet taste, just like a French spread should.

For a starter I chose the Jonah Crab and Avocado Salad with Chilled Watermelon and Tomato Gazpacho. When it first came out, the meal appeared to be a bite sized portion, one of those that is exquisite in flavor and impressive to look at, but leaves you starving.

Soon my grandmother and I came to the realization that the dish was more than enough to leave us feeling slightly full after just the appetizer. She devoured a Ripe Tomato Tart, Arugula Salad and stated how royal the tomatoes were atop their appetizingly crispy sweet tart.

Out of a choice of three entrees on the Prix Fix menu, I ordered the Arctic Char, Crayfish Sauce. As a college student, fish is rarely a part of my diet, and I felt fortunate to get my fish fix. With the divinely prepared Char came a baked mashed potato puffball doused in the crayfish sauce. All of this was presented over sautéed spinach and particularly delicious nuts. My grandma ordered a well-done Osobuco, braised in orange peel Szechuan pepper sauce and, as she would say, the dish was succulent.

Imagine a piece of tiramisu standing in a tall martini glass. It was another dish fit for Queen Mary. My dessert consisted of a sweet raspberry sauce, suppressed in the presence of the lemon soufflé, with a crunch from a caramelized cookie. The five star looking dessert left me in a food coma.

For the average date, this locale might be a tad posh for the standard college student, however, when parents come to town, happy to hear about your grades, let them spoil you with a meal that tastes so good it feels sinful.

This was a pinnacle meal and a climax in dining for myself. Tapenade gets a full praise for its fabulous French cuisine.

Banging on The Black Keys



Dan Auerbach



Patrick Carney

Kaitlin Perry/The Vista

Kaitlin Perry/The Vista

KEYS, continued from Front Page

the way for a powerful build up during a concert.

The Black Keys surprised fans this past Friday at SOMA when they chose not to begin with a song off their current album, "Brothers," but rather a song off their first album, "Thickfreakness." Within seconds of the Keys making their entrance onto the stage of SOMA, Dan Auerbach plucked a note on his guitar, causing about a ten second reverb. Any religious listener of the Keys knew the title track off "Thickfreakness" had begun. This was a wise choice as for an opener, as it is one of those songs that if you don't feel like shaking your hair in a vigorous manner when it's played, you are clearly deaf in the brain.

The charge that buzzed through the crowd was addicting. If this was one's first exposure to this song, which often happens on a tour after a band releases a new album that appeals to the mainstream audience, there was nothing

to do but rock out to the Keys' first gift to you. Concert attendee Lindsay McKee admitted to just recently picking up "Brothers" this past May and becoming an instant fan.

"My sister bought me a ticket back in June and I didn't know what to expect," McKee said after the show. "That was definitely the loudest and most sweaty concert I have ever been to in my life."

The band stayed true to their roots as a duo for the first five songs, playing songs off "Rubber Factory" and "The Big Come Up." "Stack Shot Billy" was easily the highlight of the night. It was the only time that Auerbach and Patrick Carney (drummer) broke into an unexpected, ear-splitting jam. Auerbach then announced that he would be bringing some friends out to join him, so they could play a few songs off "Brothers."

They began with "Ever Lasting Light" which highlights Auerbach's piercing falsetto that rarely comes out. The song was performed much faster

than the original recording, but this did not taint its authenticity in the least. It was a solid display of skill for someone who typically sings in a deep tenor.

The Keys jumped into "Next Girl," a song that clearly explains that an ex is an ex because they are an example of what you should avoid in the future. (The music video is also quite hilarious if you happen to come across it).

On the album, "Next Girl" highlights a riff played in a low key on an organ. However, on this particular night, the organ was played in a higher pitch that was on the verge of being cheesy.

It is difficult to say that about a band that is so utterly bona fide in sound. The reality is that Auerbach does most of the looping for albums himself, so to have someone else play his creation was a bit damaging to the art. This was most evident in "Howlin' For You." There was an entire riff that was not present in the live performance that makes the song what it is

on the album.

Nevertheless, one cannot expect to hear exactly what is done in a recording studio with millions of dollars in equipment. In past shows, the Keys have been known to break out in jams that often seem completely improvised, which is a good thing, especially when Carney and Auerbach play like they would in the confines of their own home. There was not much of this at the SOMA show, but one must understand, they are promoting a new album. This is a new way of performing for the Keys. Their music has become more complex than their previous blues jams. With the way things played out, it seems necessary for the Keys to add a second guitarist to support the genius that Auerbach and Carney possess.

All in all, the show was everything a Black Keys show should be, which is surprising. The audience, myself included, were no doubt into everything that was played, even if there were some disappointing dimensions.

"It's Kind of a Funny Story" balances funny and story

By Mitch Martineau

Coming to theatres on Oct. 8, "It's Kind of a Funny Story" tells the coming of age tale of a teenager named Craig (played by Kier Gilchrist) who admits himself into a psychiatric ward. The euphemistic portrayal of an adult psychiatric ward makes for a unique premise to "It's Kind of a Funny Story," however the stellar performance by Zach Galifianakis makes this movie worth watching.

Written and directed by Ryan Fleck and Anna Boden, "It's Kind of a Funny Story" differs from other movies they've directed including "Half Nelson" and "Sugar," which both show a grittier and more realistic side of human behavior. Instead, "It's Kind of a Funny Story" begins with an extremely serious situation and soon digresses into theater of the absurd. The Kafka-esque characters in the ward make for a more unrealistic, but much funnier look inside the life of a teenage psychiatric patient.

Zach Galifianakis and Emma Roberts play two refreshingly real characters in the group of patients who play a pivotal role in the transformation of Craig. These meaningful relationships shape Craig's new view towards the opportunities in life.

Making these relationships meaningful to the audience is Galifianakis' excellent balance between comedy and emotion. The audience gets a glimpse at the abilities of Galifianakis to portray very funny comedy that shields Galifianakis' character, Bob, from the realities in his own life.

Actress Emma Roberts provides the female element, which is common to a coming of age tale. Because the teenage section of the ward is closed due to construction, Craig has the opportunity to meet fellow patient Noelle (played by Emma Roberts). The two confused teenagers start a friendship, and I will stop there so as not to spoil anymore of the plot.

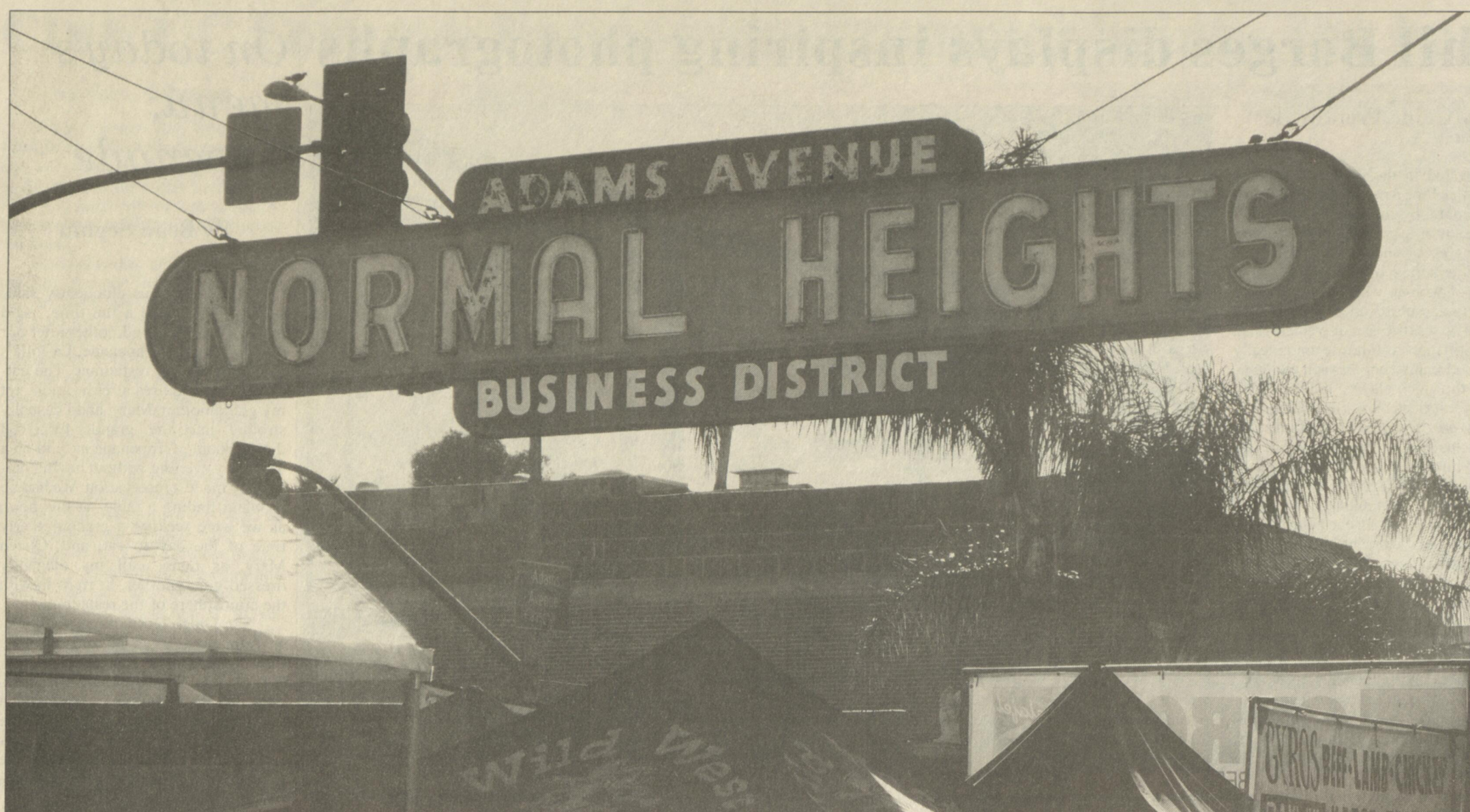
Along with good acting, the soundtrack of "It's Kind of a Funny Story" gives the viewer an eclectic experience with artists, ranging from electronic band M83 to rapper Common. M83 accompanies Nick on a visually appealing journey into the artistic side of Craig's brain. The visual creativity in "It's Kind of a Funny Story" is appealing but adds to the glorification of a young teenager's daily life.

Overall, "It's Kind of a Funny Story" is absolutely a movie worth seeing. It will leave you laughing hysterically and having that tingly feeling that good indie comedies can bring. However, once this tingly feeling diminishes, the memory of the movie soon fades because it lacks realistic relationships. While the memory of the movie may fade, it is difficult to forget the image of Zach Galifianakis' amazingly full beard.



Photo by K.C. Bailey

Zach Galifianakis plays the role of a patient in "It's Kind of a Funny Story," which hits theaters Oct. 8.



The Adams Avenue Street Fair took place this past weekend in Normal Heights. The Street Fair is one of the larger free music festivals in California, and highlights the products of local artisans, as well as over 70 musicians.

Free festivals are always the best festivals

By Beau Sequin

An alternative punk reverberated throughout the streets of Normal Heights, and people softly swayed, as traffic did not dare to intrude. Skateboarders and unicyclists danced on their toys, while others soaked up the essence of the warm afternoon. Groups of punk rockers, reggae rockers, country types and granolas all gathered at the Adams Avenue Street Fair. Full of dogs, sleeve tattoos and unique outfits (ranging from green fur to polka dot dresses), the fair brought together a number of diverse individuals.

Unbeknownst to many, the Adams

Avenue Street Fair is one of the larger free music festivals in California. So why have you never heard of it? It is likely due to the fact that the Adams Avenue Business Association subsidizes the marketing, so besides a flyer you may see in the lower corners of local bar windows, there are not many ways to hear about the fair other than word of mouth.

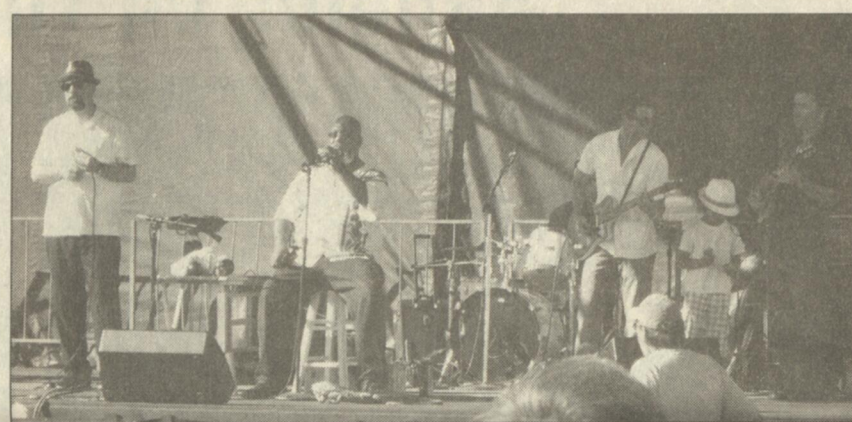
The majority of the 70 bands that played at the festival would not be easily recognizable to the mainstream music follower. A lot of them were local garage bands strumming famous tunes and other sing-alongs, predominantly country music and alternative rock. Under the six stages spaced out across the dozen blocks on Adams Avenue were dancing babies, greenhorn

cowboys and long-haired hippies. The Adams Avenue Street Fair was like a Midwestern summer festival with people celebrating like it was the Fourth of July. The uplifting music made the streets vibrant and vivacious. One of the singers directly resembled Elvis Presley with his cut-off and rolled-up short-sleeved collared shirt, dark brown tight jeans and slicked hair. Even the tune the band played had a 1950s style influence.

African, Asian, Mississippian and Arabic cuisine all delighted the hungry festival-goers. A foot-long chicken jalapeño Polish sausage simmered on an open flame in one of the booths. Across the way, tri-tip meat bathed in marinade hung over a wagon shaped grill. It was honestly the best meat I have ever been fortunate enough to enjoy. Later on in the afternoon, I purchased green tea with boba to cool down and quench my thirst.

Walking at a slow pace I was able to observe the generosity of the merchants. At one shop, there was a deal to get five wooden trinkets for \$10. When I purchased them, the merchant gave me an extra. At a South American style booth, I acquired a beautiful Peruvian bag and the merchant threw a \$20 Peruvian flute in for free.

There is more of a draw for the merchants to sell their products here than at a weekly farmers market, because this event is once a year. As a



The Fremonts performed on Saturday at the Adams Avenue Street Fair.

farmers market enthusiast I attend at least two a week to support local commerce. The farmers markets have more of a lackadaisical atmosphere than the Adams Avenue Street Fair because they are weekly, unlike this annual endeavor. Coming from a small town with only one farmers market per week, it was a pleasant surprise to come to San Diego where every day there is a farmers market somewhere. I hope for everyone to experience one of the weekly farmers markets.

In comparison, the Adams Avenue Fair is like a farmers market with free entertainment. Overwhelmingly unique gifts will empty your wallet before you can see half of the booths. The exclusive products that the mer-

chants offered were knitted shoes, old western art, bamboo pots, hand-carved bowls and woven bracelets.

Various people situated themselves on Adams Avenue in Normal Heights this past weekend. The food, the music and the people were all distinct and intermingled, creating a liberating atmosphere. Radical self expression was mind-blowing and artistic styles of clothing, decorations and music hit every dimension of originality.

Over 300 booths were set up along the avenue selling products attendees could bargain down to a steal. An adventurous essence illuminated the air in this culturally diverse fair that is something to look forward to in the future.

Words about words



By Kaitlin Perry

In many of my more philosophical and intelligent classes this semester, Latin and Hindu Tradition in particular, my professors have shared many inspirational phrases. In Latin, Dr. Fendrick (one of the best professors I've ever had) gave us "Dum spiro spero" to ponder upon, which translates to, "As long as I breathe, I hope." How pretty is that? I relate to it just as much I relate to one of the better-known Latin phrases, "In vino veritas" (In wine [there is] truth).

In my Hindu Tradition class on Tuesday morning, Dr. Nelson, (another best professor I've ever had) wrote "sat-chit-ananda" on the board. "Sat" translates to "essence," "chit" translates to "consciousness" and "ananda" translates to "bliss." When combined, the meaning of these three words is "ultimate reality." The way that Hindus perceive reality is inspirational and calming, to say the least. And this is one out of a million embraceable thoughts of a tradition I am this close to adopting.

It's phrases and lessons like these that make school cool. I always imagined that my college experience would be one full of thought-provoking lectures and homework assignments I wouldn't mind doing. But thus far the experience has been quite the opposite. Many-a-time have I fallen asleep in a class because of how lackluster the lesson was. Many-a-time have I gone home to write a paper on something so vapid and unimportant that I couldn't sit down for more than five minutes without straying from the task at hand to peruse my favorite blog (alteredzones.com). And God forbid my cats try to snuggle up on my lap whilst researching; my insipid

assignments would never be given the necessary level of attention they needed. But give me a good phrase to get my mind going and I'll be typing away for hours.

One thing about such phrases, however, is the task of remembering them. Sure, I could keep texting them to myself, or writing them in my little Moleskin notebook like the great writers of the past used to do. However I feel that these words would be easier to read on a regular basis if they were simply tattooed on my body.

I've been contemplating which phrases put the fuzziest feeling in my stomach and make me want to do great things with my life, and the two I listed in the first paragraph are the ones that move me most. Unfortunately I'm not a practicing Hindu or completely literate in Latin, so whether or not having them permanently inked on my skin makes me a phony has yet to be decided.

Nevertheless, I think it's important to live your life by the words of others. This could be a topic worth debating, but sometimes it's necessary to step out of your brain and away from your opinions every once in a while and take in motivating words that other people have said or written.

If the revelations of God have been passed down to many priests and seers that provoked the creation of multiple religions, I think a consensus could be reached that words are the foundation of our being. Our country itself is founded upon important documents like the Constitution and the Declaration of Independence. Religious rituals are founded upon holy books and courses are centered on textbooks.

If we were to have never been exposed to the famous quotes of important thinkers and politicians, we'd have never been provoked to come up with our own opinions. The words of others influence people to do amazing things with their lives that they may not have done otherwise, and I think this is vital when it comes to bettering yourself and the community you are a part of. It is also vital if you want me to pay attention in class or have a remarkable tattoo.

ARTS and CULTURE CALENDAR EVENTS

3 SD FILM FEST GASLAMP THEATER WED-SUN	4 THE FUTURE-HEADS THE CASBAH @ 8 p.m.	5 LIZ PHAIR BELLY UP TAVERN @ 9 p.m.	6 VAN MORRISON CIVIC THEATRE @ 8 p.m.
2 RASCAL FLATTS CRICKET WIRELESS @ 7:30 p.m.	1 SPOON SOMA @ 7 p.m. MATT & KIM HOUSE OF BLUES @ 7:30 p.m.	30 PETE YORN BELLY UP TAVERN @ 9 p.m.	

"It is - as, when a drum is being beaten, one would not be able to grasp the external sounds, but by grasping the drum or the beater of the drum the sound is grasped."

- The UPANISHADS

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You got nothing to lose at a Spoon show

By Kelsey Perry

Transference: a Freudian psycho-analytical theory in which feelings are unconsciously redirected from one person to another. Though the quartet that is Spoon never sat down with Sigmund to discuss the phenomenon, their album "Transference" was released in January of this year. The heart-heavy emotions conjured up by these songwriters on their seventh studio album is easily understood, however, when these feelings are relatable to listeners, the listeners buy tickets to live shows.

Spoon was formed in 1993 out of Austin, Texas, though band members Britt, Jim, Rob and Eric would call Portland, Ore. home.

American teens tuned in to the indie-pop hype when 2002's "The Way We Get By" was featured in "The O.C." Their hit "I Turn My Camera On" of 2005's "Gimme Fiction" caught the attention of new listeners, bringing their album to No. 44 on the Billboard's 200. Its sultry, steady beat showcased the band's addictive sound.

Opening for Death Cab For Cutie at Los Angeles' Greek Theatre in 2006 solidified their indie credibility and secured long-time listeners, and 2008's Street Scene brought Spoon's head-boppingly fun live performance to San

Diego. This year's "Transference" feels grittier and sounds more lovesick than previous works, giving fans a taste of Spoon they haven't tried before. Floating guitar riffs and emotional vocals make "Out Go the Lights" a standout track off the album, which could be heard on the show "Parenthood." Their single "Got Nuffin" was also featured on "Chuck."

The band's history of catchy guitars and sing-a-long (without showing an ounce of cheesy) lyrics has made Spoon one of the top bands of the decade, in both album sales and live performance appeal. This year they are making their way from the East Coast, with a sold out show in Brooklyn, New York, to the West Coast. Spoon will venture to Paris, London, Dublin and Belgium for a string of shows and music festivals toward the end of the year, all while keeping up their energy to create a danceable on-stage vibe.

Their pop meets rock n' roll sound moved the feet of Coachella festivalgoers in April despite the heat of the afternoon sun. Also at Coachella were the psych-meets-shoegaze-meets-pop group Girls, who will open for Spoon at SOMA this Friday, Oct. 1. The two are sure to deliver, offering a way to tune in to your emotions and kick off your weekend with an all-around groovy show.



Spoon plays SOMA tomorrow, Oct. 1, with Girls.

Photo by Autumn DeWilde

Pavlo Bosyy sets the stage for USD theater

By Callie Prendiville

Designing for the theater is not only a passion for Theatre Arts faculty member Pavlo Bosyy, it has literally taken his life halfway around the world.

Bosyy, who is in his second year of teaching at USD, is from Ukraine. This kind of historical and political perspective is not unusual for Bosyy, who has studied both fields. At the time, designing was just a point of interest that turned into an artistic hobby.

As this hobby became a more serious passion, Bosyy realized that the training necessary for theatrical design was not as readily available in Ukraine as it was in other countries. He decided to accept a faculty exchange study position in New York in 2000, where he began his serious pursuit of design. He came back to the States to earn his Master of Fine Arts degree from Ohio University in 2004. After receiving his

MFA, he taught for one year in West Virginia and for four years at Oakland University in Detroit before moving to San Diego.

What makes Bosyy a unique talent, is that unlike most professionals who specialize in either set design, costume design, lighting and/or sound design, he is a scenographer, meaning he is qualified to do any or all of the above for any given production. Interestingly, he says he almost never gets to combine all three in one show in the States, but would be expected to perform all of them in Europe.

A production in Europe is typically allowed much more time in the rehearsal process, where as in the States, budgets usually only allow rehearsals to go on for only a month or even a few weeks before the first curtain goes up. By this time, each department needs its own full-time designer to get everything done in the short amount of time.

For the upcoming "Rosencrantz and Guildenstern Are Dead," Bosyy is in charge of the sets while Jeannie Galioto is designing the costumes. Bosyy proudly informed me that he is mentoring senior Theatre Arts major William Hartley, who is designing lights. Hartley is the first-ever student to design for a main stage production at USD.

Like most artists, Bosyy has his own process for arriving at a design for each production. After reading the play and meeting with the director (in this case, George Ye), he draws 20 to 50 sketches of what he thinks might work, putting all of his ideas on the page. He showed me a giant binder filled with these sketches, including the one that he and Ye eventually decided would be best. From there, he developed that sketch further with color schemes and building plans. The set itself will be constructed by Production Manager Ben Seibert and the students of the fall

semester Technical Theatre class.

When designing for a professional production or a show where Bosyy himself cannot be physically present, he would usually build a scale model of the set to show the director, but since he and Ye are both on campus and have immediate communication, a model was not necessary.

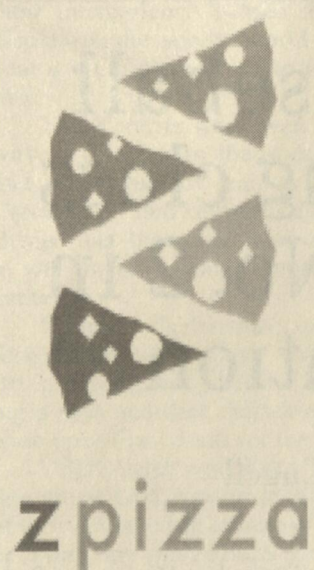
When I asked him what his favorite part of this production is, he said, without hesitation, "The sail!" He gave me the same answer when asked what the most challenging aspect of this production would be. The sail is necessary for the ship that Rosencrantz and Guildenstern take to their death with their old friend Hamlet at the end of the play. It is Bosyy's favorite because it starts as a curtain at the beginning of the play and transforms into a sail later.

Anything that can change and serve in different ways is what he calls "dynamic design" and is always his fa-

vorite aspect. The dynamic design of the sail is the most challenging because it requires getting the rigging exactly right and training people to handle said rigging in exactly the right way in order for it to function.

Bosyy's work has been seen not only on the three USD stages but literally all over the world. He recently designed projections for a production of "Sleeping Beauty" in Taiwan, "Pecong" (a retelling of "Medea" set in a contemporary Caribbean Island) in New York City and his current project, The Museum of Ukrainian Choreography.

"Rosencrantz and Guildenstern Are Dead" plays Oct. 14 through 16 at 7:30 p.m. and Oct. 17 at 2 p.m. in Shiley Theatre. Tickets will go on sale at the University Center Box Office two weeks prior to opening night, and at the Shiley Box Office one hour before curtain. Tickets are \$8 for students; \$11 for general admission.



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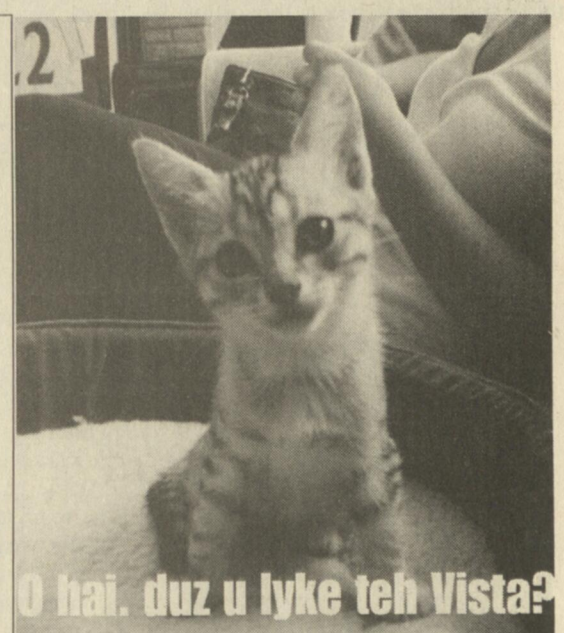
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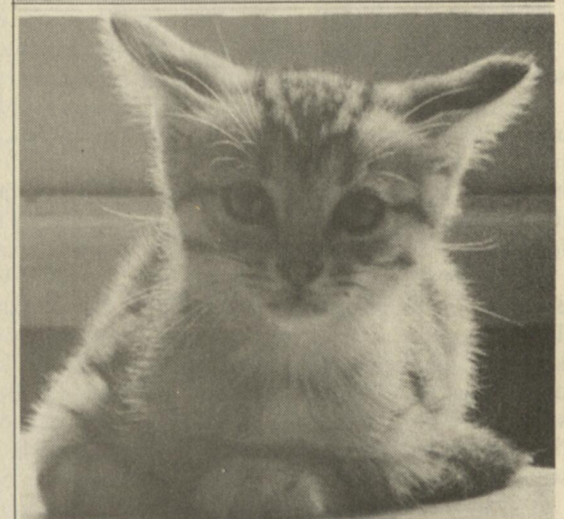
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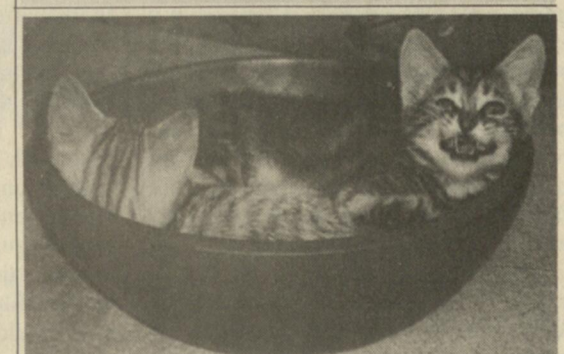
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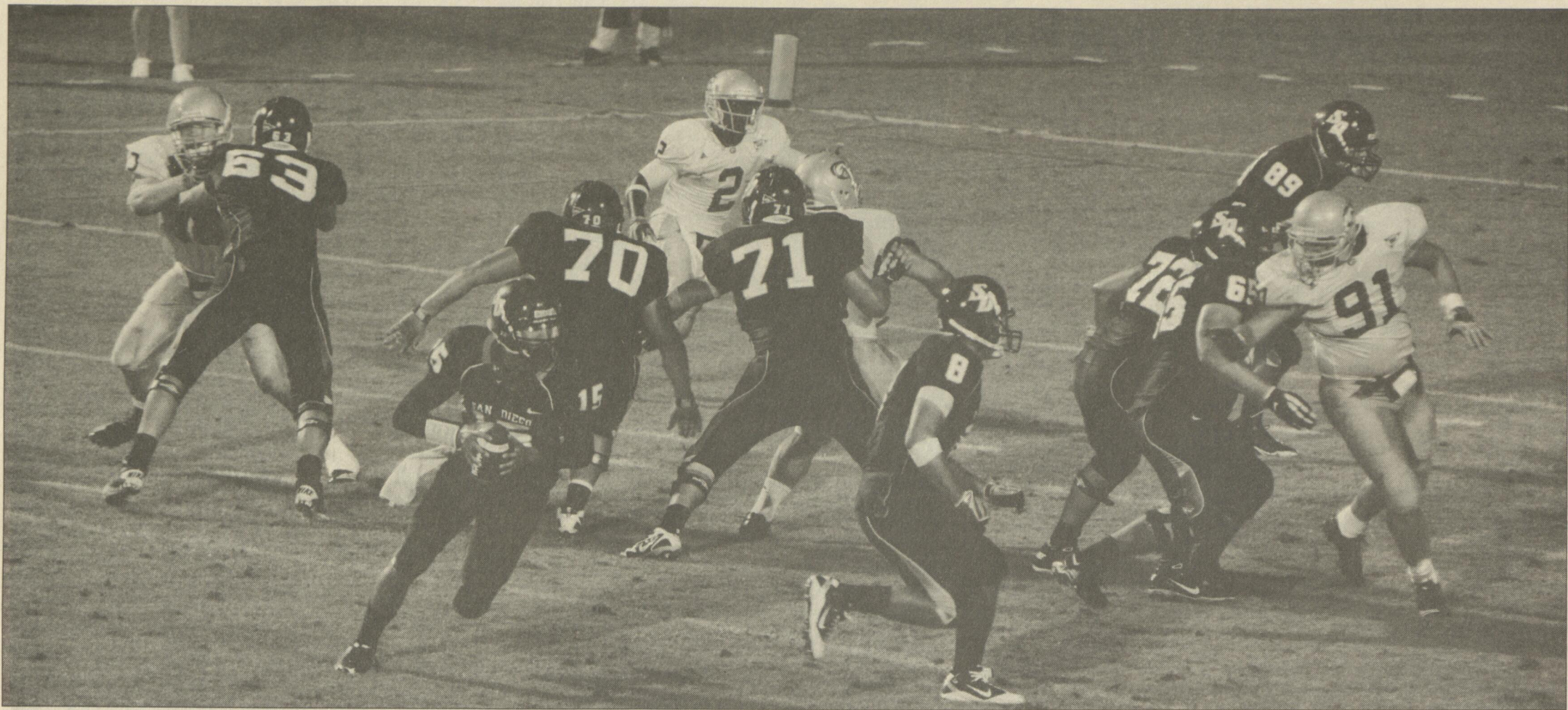
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SPORTS

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Mason Mills rolls out of the pocket during Saturday's win over Butler. Mills finished the game 18-22 for 198 yards and a touchdown.

Photo by Alexandra Green

Torero Football back to firing on all cylinders

Morelli's explosive return sparks offense, while Kurn's three sacks lead defense

FOOTBALL, cont. from Front Page

touchdown since Hector was a pup, was suddenly the offensive savior that USD needed him to be. Morelli rushed for a whopping 101 yards and two touchdowns, and he made it look easy.

The whole team followed suit, as USD pummeled Butler 24-0. Let's put it this way, if it was a fight it would have been stopped.

This game marks the first time the Toreros had shut out an opponent since 2006. Not a bad way to start PFL play.

When the injury-prone Morelli was asked how it felt to return to action he smiled and said, "It feels nice."

When he was questioned about his performance he shrugged and said, "I probably could have run blind out there with the success the offensive

line was having."

There is certainly a bit of humility and a bit of truth here. The offensive line had a stellar day and the success of a line, as any football player will tell you, dictates the success of the team.

However, Morelli provided an offensive shock to the system that has been lacking in USD's pre-PFL schedule. To top off the 101 yards he ran for, he led the team in receptions with four catches for 34 yards. In essence, he was all over the field.

However, Morelli is right to note that he had help in the first victory of the season for the Toreros. Quarterback Mason Mills built on his play from last week. Mills was efficient, going 18-22 for 198 yards and a touchdown.

Defensively, Mario Kurn lead the way with seven tackles and perhaps more unbelievably, three sacks. Kurn is the national FCS leader in sacks, with an otherworldly 13 sacks in four

games.

USD should celebrate. Getting the first win of the season is one of those things that liberates a team. It allows players to achieve the type of confidence that is necessary to play winning football.

There is no existing hyperbole possible to describe how holistically USD dominated this game. But, as USD continues to improve, Torero football players need to be wary of what lies ahead.

Next week USD takes on Jacksonville, in their house.

Jacksonville is a team that is 3-1 (their only loss coming by way of Appalachian State, one of the very best teams in Division I-AA football) and they also have a player by the name of Josh McGregor. For his performance last game, McGregor was selected as Pioneer Football League Offensive "Player of the Week" on Monday.

McGregor earned the honor by throwing for a career high 405 yards and a school record six touchdowns, leading his team to a 42-15 win over PFL foe Davidson.

USD Coach Caragher felt a similar cautious optimism. "It's going to get tougher in Pioneer Football League play," Coach Caragher said to reporters after the game, "but I'm just proud of our guys and the energy on the sidelines. That's so important. Our defense swarmed the football and our offense executed, which is what we need to be successful."

Translation: when Caragher says it's going to get tougher, he means Jacksonville. They are a team that has historically given the Toreros' problems, and this season will be no exception. Jacksonville is the defending league champ, a very athletic team, and they have the all-everything quarterback. Every indicator points

to them as title contenders, and most people will tell you they should be heavy favorites against USD.

But just like Joe Lewis, every great champ has a weakness. Jacksonville's weakness is their inconsistent discipline. They are frequently penalized, they go for big hits and they wear their passion on their sleeves.

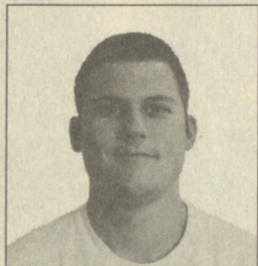
Because of this, if USD can play as smartly and as efficiently as they did against Butler, USD can win this game.

Standout Mario Kurn said something interesting in his postgame interview. Kurn told a reporter about the game against Butler, "We knew what we had to do and we came out here and got it done."

That was tidy. And it is that kind of straightforward, eyes on the prize focus that will be the reason USD beats Jacksonville on Saturday.

Yes, it's good to be back.

When sports drops the ball



By Chris Hanneke

At what point does responsibility to society trump responsibility to the fans?

In the "TMZ" era of sports, when an athlete's actions off the field become just as scrutinized as those on the field, it is easy to understand the argument that perhaps society has become too informed on the culture of athletes.

The most obvious example of this excessive coverage came in the case of Tiger Woods, who this past Thanksgiving went from being the greatest golfer on the planet to, in a matter of days, the second "most hated" athlete in America (behind Michael Vick), according to a study done by the Q Score Company.

The mere fact that there is a study that measures fans' hatred for athletes exposes a new facet of sports that has only recently become exposed.

This is no longer an era in which athletes are praised for playing a great game and subsequently given privacy to prepare for the next. Instead, the scrutiny has reached a point that has put these athletes in a position that very few before them have experienced. And the responsibility that comes with this has overwhelmed a great majority that has failed to act as the role models that they are now expected to be off the field.

It may not necessarily be fair to expect these athletes to live up to such an ambiguous yet high standard, but the general consensus among the media, fans, owners and coaches is that the athletes must be aware of these expectations when signing their contracts, and they should use this overblown status of celebrity to benefit society.

This is a completely reasonable demand, but it raises another issue. If the athletes fail to uphold these expectations, is it not up to the organization that employs them to instead send that

same message to society that the athletes failed to?

This question comes on the heels of a Sunday Night Football contest in which New York Jets receiver Braylon Edwards caught a touchdown pass in a game in which he was suspended by the team after receiving a DUI earlier in the week. The term "suspended" is used provisionally because the suspension in question lasted a grand total of 17 plays.

Former New York Yankees owner George Steinbrenner famously popularized the saying "Winning is everything," and the Edwards' touchdown catch was a classic case of the New York Jets organization abiding by that same mantra. Though the idea of such values may appeal to some fans, it also justifiably appalls many others.

And what is perhaps more intriguing with this issue is that the NFL as a whole had no grounds to issue a punishment due to an ongoing dispute with the Players' Union over the issue. Therefore, the decision was left entirely up to the Jets' organization to levy their own punishment. So while Edwards' choice to drive drunk was despicable, what does it say about the organization that chose to make light of such a serious decision?

The 17-play suspension became more of a formality than a message, and Edwards' celebration in the end zone shortly after his return to the game all but put the issue to rest in the minds of Jets fans and football fans alike.

The NFL has dealt with many controversial issues more properly in the past. Such instances as the Michael Vick suspension and the four-game suspension currently being served by Pittsburgh Steelers quarterback Ben Roethlisberger represent the power of the NFL to ensure that its athletes live up to its expectations off the field.

Yet it is impossible to ignore the fact that the league's inability to enforce certain issues, like DUIs, will continue to give a poor reflection both on the league and the organizations that defend such crimes.

Braylon Edwards may not have dropped the ball in the end zone on Sunday night, but someone with the power to make a statement on the role of athletes in society certainly did.

COVEY

Drafted: 14th overall by the Milwaukee Brewers.

Scouting Report: 93 MPH fastball. Deadly power curve.

PAINTON

Drafted: 13th round by the Toronto Blue Jays.

Scouting Report: 6'5 left-hander. Strike out specialist.

BRYANT

Drafted: 17th round by the Toronto Blue Jays.

Scouting Report: Third baseman with lots of raw power.

Natalie Kunstader/The Vista

USD Baseball recruiting class ranked No. 2 in the nation

By Chris Engell

Just because the USD Baseball team lost 16 players after the 2010 season doesn't mean you have to write them off just yet. The defending WCC Champions have just been dubbed the No. 2 recruiting class in the country. This is the second time in four years that the USD Baseball team has received a Top-5 recruiting class by Baseball America (the 2007 class was ranked No. 1).

Head coach Rich Hill said, "This has been a total team effort, without my assistant coaches helping me put this class together, none of this would be possible. They all should be very proud, as well as excited, about the upcoming baseball season."

A highlight of this recruiting class is freshman right-handed pitcher Dylan Covey, who was the No. 14 overall pick in the 2010 MLB Draft by the Milwaukee Brewers. Covey was an AFKAC All-American, the 2010 Gatorade State Player of the Year in California and was a Baseball America First Team All-America selection.

Covey was all set to sign with the Brewers until a physical revealed he had Type 1 diabetes. As a result, the 19-year old from Pasadena chose to remain closer to home and therefore elected to play with the Toreros.

The other five players who were drafted are Tyler Painton, a 13th round pick to the Toronto Blue Jays, Kris Bryant, a 17th round pick to Toronto and Micheal Wagner, a 28th round pick to the Boston Red Sox. The final Torero that was drafted, but instead decided to play at USD was left-handed pitcher James Pazos, a 40th round pick to the Arizona Diamondbacks who will join the already daunting pitching staff.

Also coming in are two Junior College All-Americans, Julian Duran from Santa Ana Community College and Corey LeVier from Cypress College.

Finally, also joining the team are Paul Paez from Bishop Amat High School and Max MacNabb, the 2010 Avocado League Pitcher of the Year.

With such a talented group of recruits joining an already accomplished roster, there is no reason to think that the incoming class will not be more than capable of filling the shoes of a lot of the big names the team lost last year. This new class of highly talented recruits, along with the returners from last year, should have no problem defending their title as WCC Champs.

The Toreros will have their first chance to prove their talents against Cal State Fullerton in an exhibition game on Nov. 6. The game will take place in Fullerton, Calif. where the Titans will look to show off their own impressive recruiting class, ranked No. 8 in the nation.

Men's soccer gains momentum as they prepare to begin West Coast Conference play

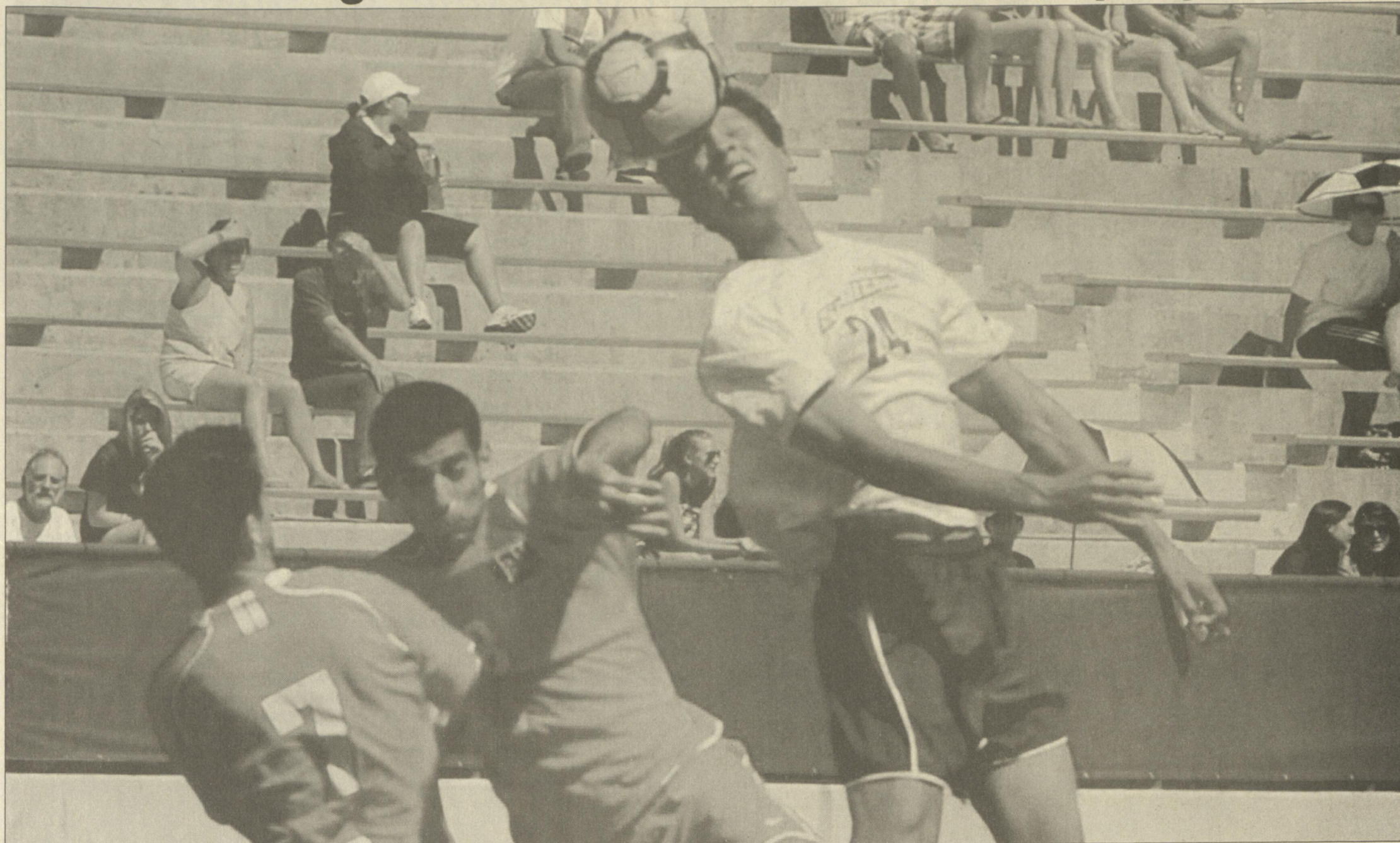


Photo by Tom Roth

Jorge Reza leaps for a header during the Toreros' 3-0 victory over Houston Baptist University.

By Tyler Wilson

Trying to bounce back from a number of close losses this season, the Toreros were determined to turn their season around and gain some much needed momentum against the No. 17 UCLA Bruins two Sundays ago. Playing in a plethora of nail-biters all season, the Torero men wanted to put their inexperience behind them and display to the soccer world that last year's WCC championship was not a fluke.

The Toreros were well on their way to proving to the soccer realm that they were for real, as Marcello Carminatti's two key goals against the Bruins had them tied with a chance to win in the waning minutes of the game.

Carminatti's first goal came when forward Stephen Posa caught the Bruin defense off guard by intercepting a pass and then delivering it to a wide open Carminatti for the goal.

USD's lead would not last long though, as UCLA put one in the back of the net in the last minute of the half, deflating any momentum the Toreros had going into halftime.

In the 55th minute, UCLA broke the tie when Victor Chavez headed the ball into the net from Kelyn Rowe's free kick.

But resiliency has been the Toreros' crutch all season, and they leaned on it once again as they immediately tied the game two minutes later thanks to a fantastic strike from Carminatti after a corner kick.

Posa was not going to let his Torero counterparts deal with a tie again, as he did all he could to bury the ball in the net in the final minutes of the game.

He had two golden opportunities to score, the first in the 76th minute when he broke away from the defense and had only the goalie to beat. However his shot went wide and hit the cross bar.

In the 83rd minute, Posa's second chance was stopped cold by the diving Bruin goalie, essentially dooming USD to a result that had been looming over their heads all season. Like a nagging fly, USD could not swat away their third consecutive overtime.

Overtime has not boded well for the Toreros this season, since they have not recorded a victory when the game does head to extra time.

Just five minutes into the overtime period, USD relinquished a goal, and the game, to the Bruins. The overtime bug bit the Toreros for the third time this season.

"The loss to UCLA was obviously disappointing," assistant coach Brian Quinn said. "We had a chance to win the game in regulation when Stephan Posa hit a shot that crashed off the crossbar with eight minutes to go and the score tied at 2-2."

That's all this young, non-conference season has come down to.

Chances. The Toreros have had plenty of chances to dispel their inexperience in the many close games they have played, but they have not capitalized on them.

This past weekend at the 2010 Nike Soccer Classic was the Torero's last chance to gain some positive momentum before heading into conference play in what is believed to be a tightly contested WCC.

"It was imperative that we got something out of this weekend," head coach Seamus McFadden said. "We have been very unfortunate with all of our losses to date. The reality is that we had chances to win all the games we lost."

The Toreros know that they have had the chances to pose a very good record going into conference play. But they were not going to relinquish any more opportunities in the Nike Soccer Classic, beginning with their match against the University of Albany Great Danes last Friday at Torero Stadium.

The USD men got off to a quick start against the Great Danes, as sophomore Dan Delgado received a precise cross from Daniel Meade as they both charged the goal. Delgado received the pass and fired it past the Albany goalkeeper for the early 1-0 lead.

"On Friday we had another good performance from Danny Delgado as he opened the scoring versus Albany," coach Quinn said. "Also, both Sergio Carranza and Sergio Lopez are providing additional scoring threats every time they are near the goal."

Carranza proved to be a scoring threat against the Great Danes when the Toreros struck again right before the end of the first half. Sophomore midfielder Christian Duke floated a pass right over the Albany defense to Carranza, who then headed the ball in the back of the net for the 2-0 lead.

The Toreros sustained the lead for the rest of the game and certainly did not renounce any chances they had to put the game away.

"We looked very solid this weekend allowing no shots on goal against a strong Albany team," coach McFadden said.

The Toreros would back up their solid performance with another win against the Houston Baptist University Huskies last Sunday. Although a 3-0 win might look impressive on paper, the casual fan should not be deceived, as coach McFadden deemed the Toreros fortunate to come out with a victory.

"Our win against Houston Baptist is what I would term an ugly win," coach McFadden said. "We certainly put our chances away, but there were big gaps and drop offs in our play against Houston Baptist."

Sergio Lopez, Charles Blase and Patrick Wallen all scored in the first half against the Huskies to put the game out of reach before the second half even started.

Even though the Toreros put the game away early, injuries caused



Photo by Alexandra Green

Charles Blase sends the ball into the opponents' box.

these USD men to step up in place of key players. Lopez, Blase and Wallen all capitalized on their opportunities to score, thus masking an otherwise sloppy and injury laden day for the Toreros.

"When you lose three starters from the back four and also the goalkeeper, there are going to be growing pains," coach McFadden said.

"The two victories this weekend came at a very high price tag, for it looks like we have lost Danny Delgado for an extended time and Daniel Meade with a possible knee injury," McFadden continued. "Our left back Matt Chavez and right back Eli Gal-

braith Knapp also were injured and had to be subbed."

Despite the injuries the Toreros obtained, they now have the confidence needed to succeed in a very tough and open WCC.

"Winning the two games this weekend has helped prepare us for conference play," coach Quinn said. "We feel that the WCC will be a very tight race with four or five teams capable of winning it all."

This tight race means that the USD men will need to take advantage of every chance granted to them to repeat as WCC champions.

The Toreros showed resiliency

this weekend in the face of all the injuries sustained to key players. This resiliency, combined with the experience gained from all of the overtime losses, will prove to help USD through the conference.

"The team is in good shape with these young players as we head to the Bay Area this weekend," coach Quinn said. "They will provide additional firepower to the combination of Wallen and Caminetti as attacking options."

The Toreros will certainly need this additional firepower when they take on Saint Mary's College in Moraga, Calif. tomorrow at 2 p.m.

Women's soccer blanked by the Bruins in Los Angeles

Chance for redemption with big game against USC



Jackie Zinke dribbles toward the goal during the Toreros' Sept. 19 win against Portland State, 5-1.

Alexandra Nelson/The Vista

By Sara Vanderhorst

Friday night, the Lady Toreros soccer team headed up to Los Angeles to take on UCLA Bruins on their home turf. There was a lot of anticipation coming into the match for the Toreros. Ranked No. 11 in the nation, UCLA remains at the top of their game every season and they were determined to prove their high ranking against the Toreros.

But USD was ready for the challenge. Said starting midfielder Brooke Hickerson, "We couldn't have been more pumped up to play. UCLA has

always been a team we've looked forward to playing every season. It is always a fun game, a tough battle and the competitiveness always brings out our highest level."

The Toreros had their fair share of opportunities and definitely came ready to play in the first half.

In the 33rd minute Addie Cartan blasted a free kick into the goal box and Elle Magracia was in the right place but her header sailed just over the crossbar. The Lady Toreros were unable to force any more opportunities and the two teams went into halftime all tied at 0-0.

The first goal didn't occur until the 77th minute of the game when Bruin

Lauren Barns received a free kick that would slide past the Torero defense.

"The first goal was very frustrating because it could easily have been stopped," Hickerson said.

A quick 10 minutes later, Chelsea Brown of UCLA crossed the ball to Dana Long who finished to give the Bruins a 2-0 lead. At no point in the game did the Toreros feel as if they didn't battle hard against the Bruins.

San Diego had another attempt in the second half off of a powerful shot from Brooke Hickerson but the Bruins goalkeeper got just enough of her hands on the ball to keep it out of the net and keep the Bruins in the lead.

The Bruins came out of the match

defeating USD 2-0 in front of a crowd of 560 loyal fans.

"The bitter feeling after Friday's game definitely set a fire within us to come back and win our next games on the schedule," said a hopeful Hickerson following the game. "We know what we need to do better and are ready to get back out there on the field and bring home a win."

The Bruins moved to 6-2-1 on the season, while the Toreros dropped to 5-3-2.

The Lady Toreros traveled to Northridge on Monday to take on the Matadors of CSUN.

The game did not start out the way

the Toreros would have hoped as they committed a foul inside the penalty box in just the third minute of play.

As a result, Erin Kelly of CSUN was appointed to take a penalty kick, and she did not fail to deliver, giving her team a 1-0 lead early in the game.

However, the Toreros' offense did not quit and they let loose a flurry of shots just three minutes after the penalty kick occurred.

But USD was unable to capitalize and the game ended with the Matadors topping the Toreros 1-0.

The Lady Toreros will look to bounce back with a big home game against USC this Friday at 7 p.m. at Torero Stadium.

2010-2011 Men's basketball schedule released

By Joseph Shoen

USD men's basketball coach Bill Grier has proven that he believes playing a tough non-conference schedule is the best way to prepare his team for league play.

After two consecutive seasons in which the Toreros played one of the most difficult schedules in the country before the WCC season began, Coach Grier's crew will more than likely be tested even more this year.

Let's hope things work out a little better for them.

USD's full 2010-2011 schedule was announced this past week and it appears as though the young Toreros will have little room for error from the season's first tipoff. The Toreros play just six home games before conference play opens up, at which point the Toreros will have several daunting road contests awaiting them.

USD's home non-conference schedule includes their season opener against Division III Occidental College on Nov. 12, as well as matchups with Boise State, Cal State Fullerton, UC Irvine, Fresno State, University of La Verne and Cal State Bakersfield. The team will travel to Stanford, New Mexico, SDSU, North Carolina State and Fullerton as part of a home-and-home with the Titans.

In addition, the Toreros will spend the Christmas holiday in Honolulu as they take part in the Diamond Head Classic from Dec. 22-25.

While most college students use a winter trip to Hawaii as a way to rest and relax, USD will be busting their humps just to try and get a win out of the three-game tournament.

The field includes Utah, Florida State, Hawaii, Mississippi State, Washington State and two Elite Eight participants from a year ago, Baylor and Butler. USD's first game of the tournament will come against Baylor, which is ranked in the top 20 of most preseason polls.

With confidence a fragile thing in college athletics, Grier has to hope that the first two months of the season

won't bury the psyches of his players, especially since USD has so many freshmen and sophomores in their rotation.

Over the past two seasons, the team at times appeared to be very down on itself once the conference season began, leading to frustrating finishes to both years.

"Yes, it's difficult," In talking to reporters, Grier said of the schedule. "There are a lot of challenging games. But these are the type of teams we're going to have to play in the top half of our league, and with BYU coming in next year, so we're going to have to get accustomed to them."

The league schedule doesn't appear to make things any easier on the Toreros, as they will have to play five of their first seven games on the road. USD plays at Pepperdine on Jan. 6 and LMU on Jan. 8 in their first two WCC road tilts before taking on Santa Clara and University of San Francisco at home the following week.

The Toreros then embark on a three-game road swing against league favorites Saint Mary's, Portland and Gonzaga in a stretch that could make or break their season.

USD finishes with five of seven at home before heading to Las Vegas for the WCC Tournament.

Gonzaga comes to town on Feb. 26 for what will surely be a full house on Senior Night.

The 2010-2011 schedule is packed with games that the Toreros will need to continue to play (and win) in order to become a nationally respected program. While coaches in the Big East and Big Ten can pad their records with games against cupcake teams, the Toreros know it won't be that easy.

Grier knows he has to take on all types of opponents to attract the attention of the NCAA Selection Committee and hope his players respond. Luckily, in analyzing the positives of this schedule for USD, one thing seems to clearly stand out.

As a talented group of players full of optimism, they should at least be able to handle the University of La Verne.



Cameron Miles (above) and Chris Manresa (below) will both be needed to fill a larger role this upcoming season as two returners on a young Toreros squad.

Photo by Ryan Brennan

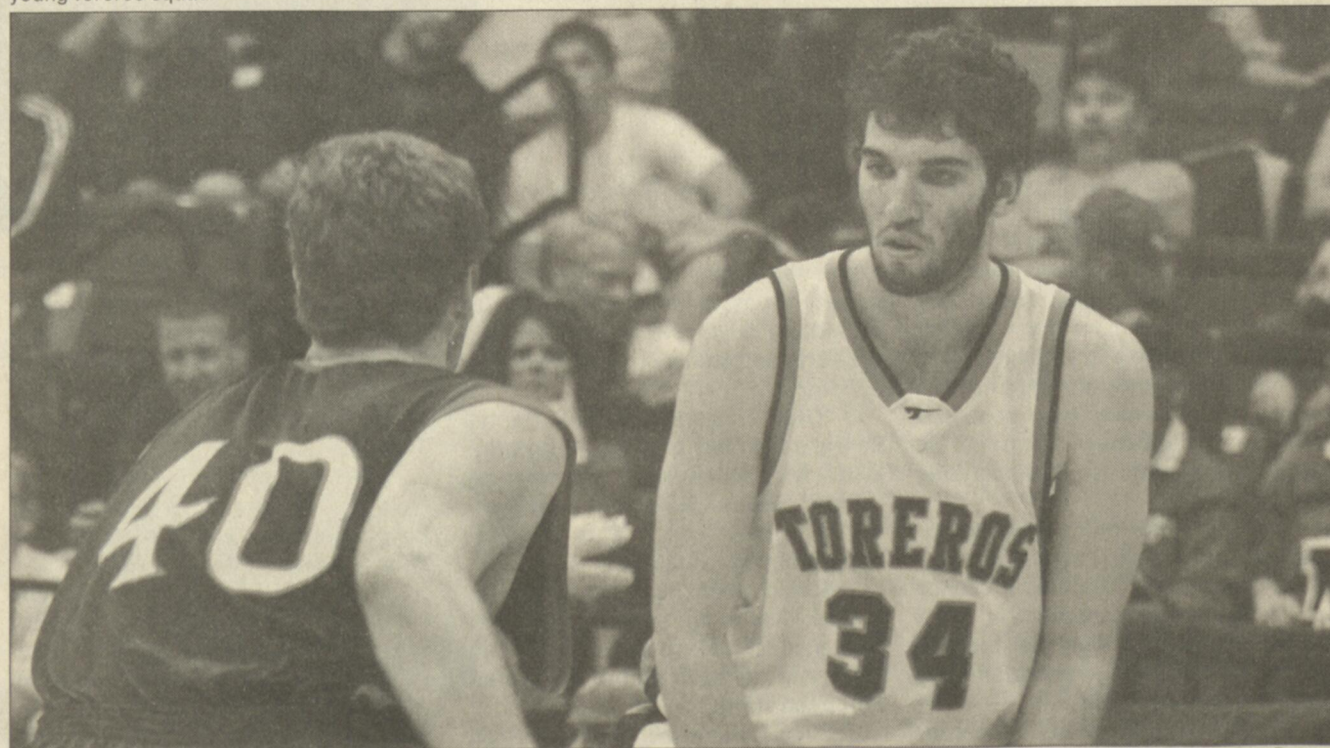
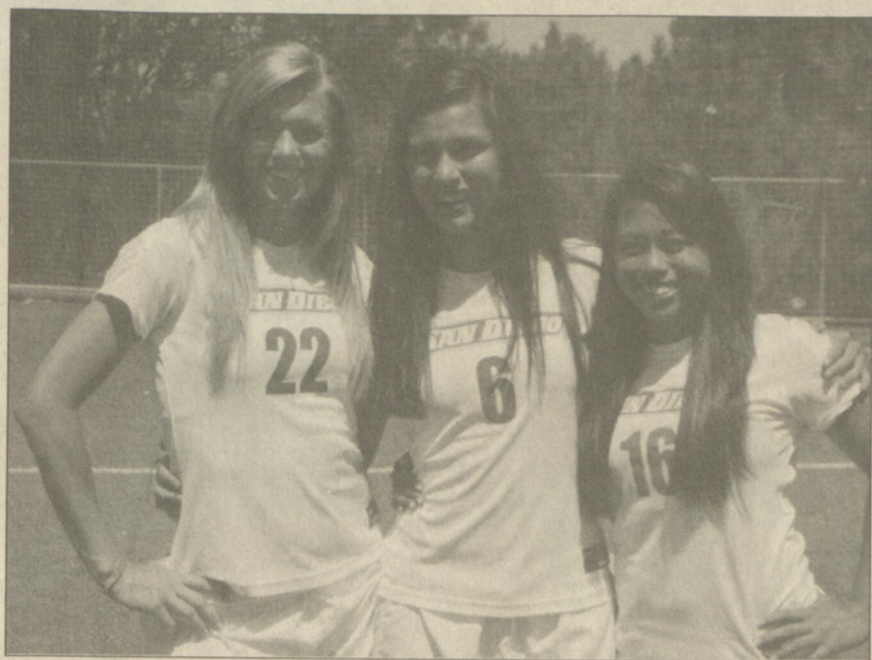


Photo by Ryan Brennan

"If a tie is like kissing your sister, losing is like kissing your grandmother with her teeth out."

- GEORGE BRETT

Trio of Toreros



Stephanie Ochs, Natalie Garcia and Elissa Magracia

By Thomas Caughlin

At first glance, these three athletes appear to be typical USD students.

But Elissa Magracia, Natalie Garcia and Stephanie Ochs are far from typical. As three of the most prominent and talented members of the women's soccer team, "Elie," "Garce" and "Ochs," have been playing soccer together long before they came to USD.

Elissa and Natalie first united at age 12 when both were selected to play on the nationally recognized Southern California club soccer team, the San Diego Surf. Garcia shut down opponents as the club's sweeper and Magracia did her part in distributing as the team's best midfielder.

But the duo was missing a fast, fearless high-scoring forward not afraid of taking chances.

Insert Stephanie Ochs, who joined the Surf's under-16 team. With this, the ultimate trio was complete.

In high school, each member of the trio was one of the most sought after recruits in the San Diego area. Natalie, a four-year letterman in North County at San Pasqual High School, Stephanie in East County at Patrick Henry High School and Elissa in South Bay at Bonita Vista High School.

Each of the girls maintained their roles as dominant soccer players at their respective schools, but some of their

most memorable soccer moments came when they all played together on the same club team.

In 2006, the trio was part of Surf's State Cup Championship team but first sprung into the national spotlight when they won the West Regional Championship in 2005.

For approximately 10 consecutive years the girls made the commute to San Diego's Del Mar Polo Fields twice a week for 5 p.m. soccer practice.

Each of the players' families made countless sacrifices to make sure that the girls got where they needed to be. As the seasons went on, a noticeable bond between the girls became apparent and extended beyond the soccer field.

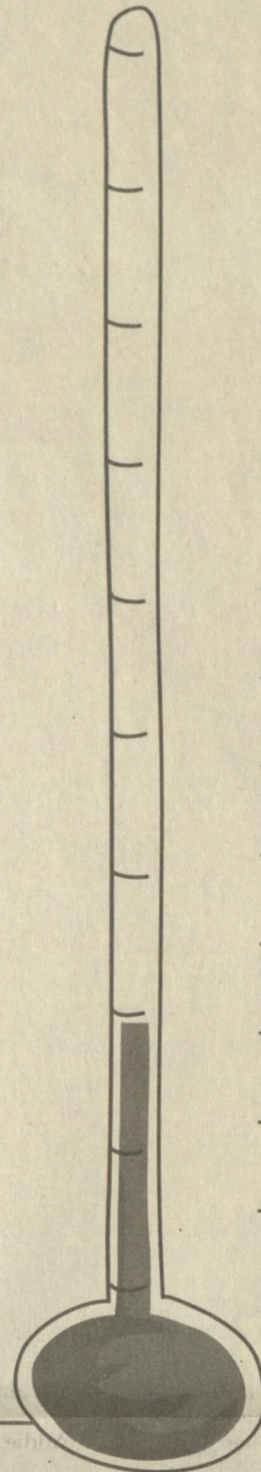
"The girls had great chemistry from the very beginning," said Cessi Magracia, Elissa's mom. "On and off the field, they had love, trust and respect for each other. It definitely helped because they were able to take that to the next level," added Cessi.

Now in their third season with the Toreros, Elie, Garce and Ochs continue to stick together both on and off the field. Elie and Garce are roommates in San Buenaventura and Ochs lives next door.

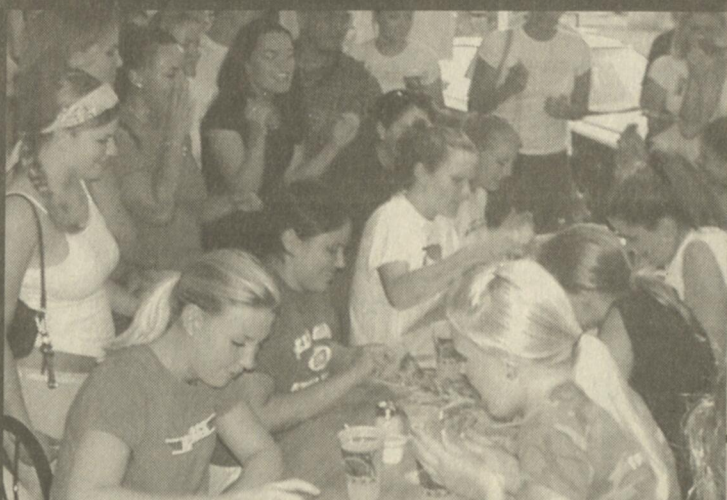
Garcia said, "We are more than each other's teammates and friends, we are one another's sisters. I would do anything for them off the field. And on the field, we always have each other's backs."

HOT OR NOT

- Steelers' Defense
- Mario Kurn
- Dexter Morgan
- Mission Bay
- Nuggets
- 4-game suspensions
- Playoff Clinchers
- Erin Andrews
- Kick returners
- NBA preseason
- Miami's "Big 3"
- Native American QBs
- FIFA 11
- Kyle Orton
- Chargers' special teams
- Butler's right tackle
- Dexter Fowler
- Jimmy Raye
- Ugg Boots
- 18-game seasons
- Tampa Bay's attendance
- Rachel Nichols
- Kickers
- NHL preseason
- ESPN's Heat Index
- Washington Redskins
- NBA Elite 11
- Billy Bob Thornton



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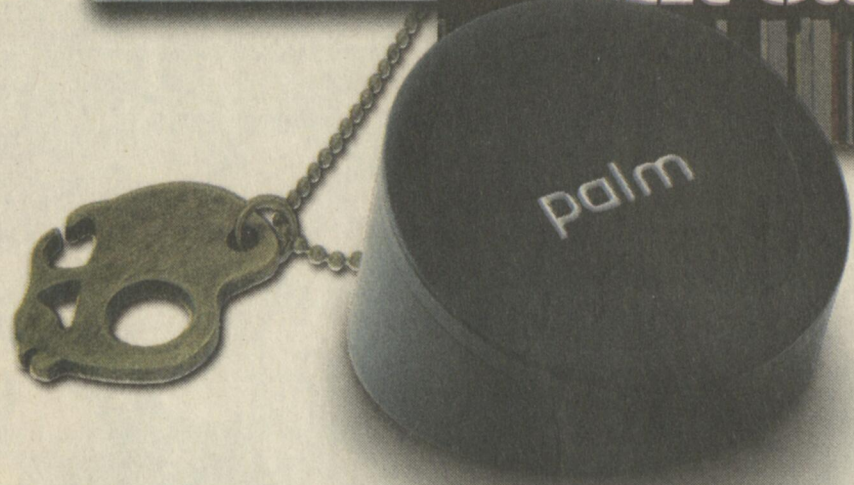




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